

HAPPY THANKSGIVING!



HOME ALONE

ASHTON MOVES OUT OF PAD HE SHARED WITH DEMI (page 35)



Weekend, October 7-10, 2011 www.metronews.ca



News worth sharing.

McGuinty makes it three-peat

• All three leaders re-elected • No upsets in the Ottawa area



Ontarians voted to keep Dalton McGuinty on the edge of his third straight majority, with the Liberals teetering between 53 and 54 seats late into the evening.

By press time, it was not determined if the Liberals would achieve a majority.

Progressive Conservative

Progressive Conservative Leader Tim Hudak acknowledged that, either way, it was not what his party was looking for.

"We don't yet know whether this will be a majority or a minority government, but it is very clear that the people of Ontario said they want a change in direction," said Hudak in a speech in Niagara Falls. "And it is very clear that the people of Ontario have put Dalton McGuinty on a much shorter leash."

It was a tense night at the Liberal victory party at Ottawa's Fairmont Chateau Laurier, where supporters cheered loudly every time the projected seat count hit the majority number, before it slipped down again.

McGuinty campaigned on his record, saying a "strong, stable Liberal majority" was the best way ahead for the province in uncertain times. He often touted improvements under his

"We did not get the result we wanted tonight but I am damn proud of the campaign we ran across the province of Ontario."

watch: in health care, reducing wait times; and in education, improving high school graduation rates.

The Progressive Conservatives were favoured to win before the campaign began but did not convince Ontarians to vote for the change they offered.

JESSICA SMITH



FRED CHARTRAND/THE CANADIAN PRESS



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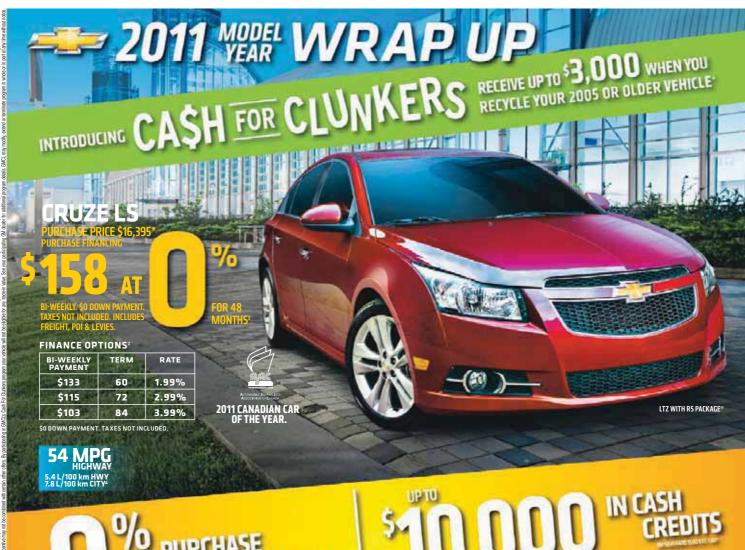
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Bob Chiarelli celebrates after tight race

JOE LOFARO

In one of Ottawa's tightest and most watched races in the provincial election, incumbent Liberal MPP Bob Chiarelli managed to hold onto his riding in Ottawa West-Nepean last night pushing aside frontrunner PC candidate Randall Denley.

Chiarelli celebrated the victory with supporters inside the Tailgators sports bar on Merivale Road. Supporters said it was a close race and are happy to see Chiarelli in office for four more years.

The race between the two had many guessing how the election would play out given their ties to the city. Chiarelli was mayor from 1997 to 2006 and Denley has been a longtime Ottawa Citizen journalist.

In the weeks leading up to election night, Chiarelli pointed out Denley's criticism of PC leader Tim Hudak in a number of his columns. Denley brushed that off and fired back at Chiarelli for Dalton McGuinty's government burdening Ontarians with the HST.

Despite the loss on Thursday, Denley still had tremendous support at his campaign party at Grace O'Malley's pub.

Spirits were high in the Denley camp leading up to the ultimate decision.

"I think he's got a good chance. If he doesn't win, it's going to be very close, but I think he will win," said Shirley Francoeur, a Denley campaign volunteer.



Liberal MPP Yasir Naqvi holds his seat

The Ottawa Centre incumbent beat NDP candidate Anil Naidoo



Liberal incumbent Yasir Naqvi held onto Ottawa Centre, beating out NDP candidate Anil Naidoo despite the latter's high profile endorsements from Nobel Laureate Archbishop Desmond Tutu and author Naomi Klein.

In his victory speech Naqvi congratulated the other candidates on their campaigns and thanked his rivals for keeping the race positive.

"This was a campaign about ideas, a campaign about the kind of Ottawa Centre that we wanted to build," said Naqvi.

Naqvi, a lawyer and the Ontario Liberal Party president, was first elected in 2007 and quickly earned a reputation as being a hard worker. He said he has knocked on more than 30,000 doors in Ottawa Centre and said he would be back out again.

"I'm going to be back knocking on doors to find out what do we need to do next," he said.

During the race he promised to expedite the growth of the north-south transit in Ottawa and push for the creation of the Hintonburg Hub—a plan for a complex offering affordable housing units and health and social services offices that ran into funding trouble this spring.

Both candidates have passion for politics that runs deep.

Naqvi emigrated from Pakistan after his father was arrested for leading a pro-democracy march, which he said taught him the values of social justice and compassion.

Naidoo became a community organizer and inner-city advocate in Ottawa after his family fled apartheid in South Africa when he was a child.

Rob Dekker, who works in communications for Bell, ran for the Progressive Conservatives and tech-sector worker Kevin O'Donnell ran for the Greens.





provincial election.

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A day after Steve Jobs' death, impromptu memorial sites sprung up outside Apple stores in Toronto and Montreal. Video at metronews.ca/ video



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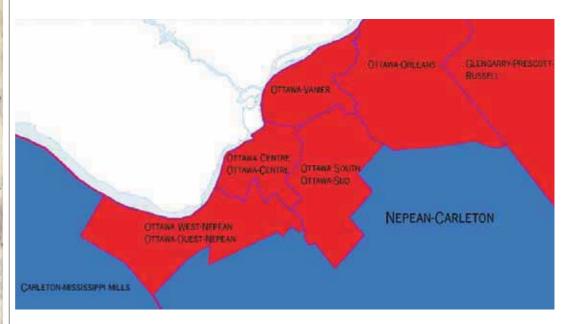


WATERTOWN

NEW YORK

• While some Ottawa races were tight, the ultimate result of the election was status quo for most local ridings

Return of the incumbents



Carleton **Mississippi Mills**

Jack MacLaren 23.910



Megan Cornell, Liberal 16.924

Liam Duff, NDP

Scott Simser, Green

Glengarry-Prescott-Russell

Grant Crack, Liberal 13.392

Marilissa Gosselin, PC 12,267

Bonnie Jean-Louis, NDP Taylor Howarth, Green

Nepean-Carleton

Lisa MacLeod, PC 15,384

Don Dransfield. Liberal 7.880

Ric Dagenais, NDP

Gordon Kubanek, Green

Ottawa Centre

Yasir Naqvi, Liberal 16,973



Rob Dekker, PC

6,899

Kevin O'Donnell, Green

Ottawa-Orléans Ottawa South

Phil McNeely, Liberal 17,657

4,380

Andrew Lister, PC

15.254 Doug McKercher, NDP

Tanya Gutmanis, Green



Jason MacDonald, PC

James Mihaychuk, Green

Ottawa-Vanier

Madeleine Meilleur, Liberal 15.257

Fred Sherman, PC 7,070

Paul Etienne Laliberte-Tipple, NDP 1,427

Ottawa West-Nepean

Bob Chiarelli, Liberal 14,877

Randall Denley, PC 13.526



Wendy Byrne, NDP 5.405

Alex Hill, Green 1.205

NUMBERS AS OF 11 P.M. LAST NIGHT



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Dave Bagler, Green

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Cops offer cash for tips in murder cases

Ottawa has 38 unsolved murders dating to 1966

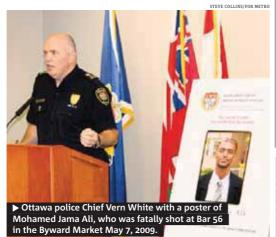


Ottawa police are hoping cash rewards will help them crack six unsolved homicide cases going back to 2007.

Chief Vern White Thursday announced rewards of up to \$50,000 for information leading to the killers of Jennifer Stewart, Mohamed Jama Ali, Simohamed Fenne, Pamela Kosmack, Paul Simard and Jason Gall.

"Monetary rewards will provide incentives for individuals with crucial information to come forward," he said. "It will not only help us arrest and prosecute but to bring closure for victims and often families."

The rewards, the first offered under the force's new Public Rewards Policy, will



come from the police operating budget, White said, and police plan to offer more money for tips on selected unsolved cases of homicides and other violent crimes, missing person

cases and serious property offences.

Anyone with information about the six murders is asked to call the Ottawa Police Major Crime Section at 613-236-1222 ext 5493.



Victims

Clockwise from top, left, Jason Gall died en route to hospital of stab wounds Feb. 3, 2007; Paul Simard was found dead at his home April 3, 2007; Pamela Kosmack was found on a bike path near Bri tannia Beach on June 4, 2008; Simohamed (Simo) Fenne, was discovered at his home on Sept. 28, 2008; The body of Jennifer Stewart, 36, found in a parking lot Aug. 20, 2010.











Van Leeuwen

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Woman, children injured in collision

A two-vehicle collision at the intersection of Blair and Innes roads Thursday afternoon sent one woman to a trauma centre with serious injuries, authorities say.

Ottawa paramedics also

treated four young children, in the age range of three to four, for minor injuries at the scene and transported them to CHEO for further monitoring.

Explosive device briefly closes road

Police closed Flewellyn Road between Dwyer Hill and Munster roads for a little over three hours Thursday afternoon while they investigated an explosive device that was discovered in a concrete

After the explosive, described as a type used for commercial purposes like mining, had been removed, police re-opened the road.

METRO

Village of Richmond - Master Servicing Study Notice of Completion Report Now Available for Review

The Richmond Community Design Plan (CDP) is the culmination of community, City staff and Provincial Agencies efforts over several years. The CDP is comprehensive in nature and implements the direction and policies of the Official Plan at the local level by providing guidance for future development including 132 hectares of land generally designated for future development (Western Development Lands). Several technical studies (servicing and transportation) were identified as being required to supporting the CDP.

The developers/owners of the Western Development Lands have undertaken a Water and Sanitary Master Servicing Study in collaboration with the City of Ottawa. This Master Servicing Study (MSS) has been prepared as part of the Class Environmental Assessment process. The

purpose of the MSS is to provide recommendations for the long term servicing requirements for existing and future potential development within the entire Village boundary, and was necessitated at this time due to the current proposal for the Western Development Lands.

The Village of Richmond MSS (2011) and supporting documentation are now available for review. The MSS followed Approach 4 which fulfills phases 1 through 4 of the EA process for Schedule C projects and the following is the list of the Schedule C projects the Master Plan identified related to the Western Development Lands.

Sanitary Servicing Project

The recommended solution is expanding the current wastewater collection system and to continue to pump wastewater to the City's central wastewater treatment facility.

This upgrade includes the following components:

- Upgrades to the existing gravity collection system (pipe size and length improvements for the gravity collection system along specific road segments)
- Expansion of the existing Richmond Pump Station Repairs to the existing 500mm diameter forcemain
- New 600mm forcemain from Richmond the City's central collection system.

Water Project

The recommended solution is a Communal Well Water Supply System on the Western Development Lands consisting of the following major components

- Groundwater supply wells
- At-grade water storage reservoir
- High lift pumping station
- Watermain distribution system

If concerns regarding these projects cannot be resolved in discussion with the proponents, a person/party may request that the Minister of Environment make an order for the project to comply with Part II of the Environmental Assessment Act (referred to as Part II Order). This request must be received by the Minister at the address noted below, prior to November 4, 2011.

A copy of the request shall also be sent to the Proponents. If there are no requests received by November 4, 2011, the projects will proceed to design and construction provided that funding is available. Copies of the Master Servicing Study and supporting documentation are available. able for review at the following locations:

City Hall Client Service Centre

110 Laurier Avenue West Ottawa, ON K1P 1J1 Tel. 613-580-2400

Ottawa Public Library Main Branch

3rd Floor (Library Room), 120 Metcalfe St. Ottawa, ON K1P 5M2 Tel. 613-598-4001

Ottawa Public Library Richmond Branch

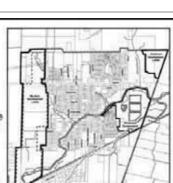
6240 Perth Street Ottawa, K0A 2Z0 Tel: 613 838-2026

The 30-day public review for these projects begins on October 5, 2011. If there are no Part II Order requests received the proponents intend to proceed with the projects as identified in the Master Plan. Written concerns or comments may be submitted within 30 Calendar days from the date of this notice to:

Proponent
Susan Murphy, Mattaniy Homes Limited
Vice President, Land Development
123 Huntmar Drive, Ottawa, ON K2S 189
Tel: 613-831-3532 • Fax: 613-831-9060 Email: Susan.Murphy@mattamycorp.com

Ministry of the Environment
The Honourable John Wikinson, Minister of the Environment
77 Wellesley Street West, 11th Floor, Ferguson Block,
Toronto, ON M7A 2T5
Tel: (416) 314-6790 • Fax: (416) 314-7337
Email: minister.moe@ontario.ca

With the exception of personal information, all comments will become part of the public record. This notice was first issued on October 5, 2011





Help take a bite out of shortage

• Food bank has 12K pounds fewer donations than it did this time in '10

The Ottawa Food Bank needs your help to make up for a shortage in donations caused in part by seasonal illness thinning out its volunteers.

"We didn't schedule enough volunteers the first weekend. Unfortunately there was a flu bug going around last weekend. That meant a lot of the students that help us weren't able to make it out," said Ottawa Food Bank executive director Peter Tilley.

After media reports about its plight, the bank has been flooded with fresh volunteers who'll be out in grocery stores accepting donations this weekend.

One company doing its part to help is ViSalus Sciences with its Body By Vi Community Challenge, which is matching donations of protein shakes made through its website donatetofeedthehungry.com. Tilley said the shakes are valuable.

"I was talking to one poor guy with throat cancer," said Tilley. "He can't get his hands on enough protein shakes, and without them he withers.'

The shakes, which can be used for weight loss or training for healthy people with no nutritional deficiencies, can also be used to balance out the often carb-heavy food frequently donated to the food bank, said local ViSalus distributor Lisa Poirier.

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Caffeine capped in energy drinks

- Feds announce new rules for drink makers
- Changes include limits on caffeine levels, labelling

The federal government will impose limits on the amount of caffeine that energy drinks may legally contain, Health Minister Leona Aglukkaq said Thursday, but won't restrict where they may be sold.

Ottawa also plans to require manufacturers to provide consumers with more information about high-caffeine beverages, Aglukkaq said.

Her announcement stopped short of recom-mendations by the Expert Panel on Caffeinated Drinks convened by Health Canada. It had called for energy drinks to be sold over the counter in pharmacies, like painkillers and other

medications.

today's believe changes will be especially helpful to the parents of teenagers who regularly consume energy drinks, Aglukkaq said.

Until now, energy drinks — like Red Bull, Monster Energy and Rock Star were not required to display a nutritional facts table.

The change means that most energy drinks will be classified as a food, which means nutritional facts must be displayed on every

They had previously been classified as natural health products.

+ taxes & fees \$50

The government antici-

pates the transition in labelling will take between 18 and 24 months.

The change brings Canadian labelling in line with the United States and European countries.

Aglukkaq made her announcement on the energy drink plan at the University of Ottawa sports complex.

"As a parent, I need to have access to as much information as possible, to help us as a family make decisions when it comes to what we eat and drink," Aglukkaq said.

She said the changes are aimed at making it easier for parents to monitor their children's caffeine intake. THE CANADIAN PRESS



Making a statement

The SlutWalk was the first of its kind in Romania, a country where it is still quite widely believed that sexual-aggression victims bear at least some responsibility for being targeted.

Budget officer blasts Ottawa's crime bill cost estimate

Parliament's independent, non-partisan budget officer is accusing the federal government of "total obfuscation" on the cost of new criminal justice changes to provincial budgets.

Kevin Page says a twopage summary released by Conservative Public Safety Minister Vic Toews doesn't serve the needs of parliamentarians or the Canadian public. The government estimate of the cost includes no methodology, no supporting information and no provincial costs, he says. THE CANADIAN PRESS

their massive new omnibus crime bill will cost \$2.7 billion over five years.



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Mayan Riviera 7 Nights 4-Star Departs Nov 10/sqv/ws.

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ADD hop-on, hop-off tour for \$42.

USA

Orlando Family Special Air + 7 Nights

+ taxes & fees \$292 INCLUDES roundtrip airfare from Montreal and accom near theme parks. Price per person based on family of 4. Departs Oct 29/ggy/ts. ADD 5-day Walt Disney World Resort Magic Your Way Base Ticket for \$271/adult, \$251/child (ages 3-9).

New England Fall Colours, Air + Car \$375 INCLUDES roundtrip airfare from Montreal to Boston and 7-day car rental. Departs Oct 18/ggv/dl.

Las Vegas

Air + 3 Nights + Cirque du Soleil Circus Circus + taxes & fees \$
INCLUDES accom on the Strip. BONUS tickets to select Cirque du Soleil or other Las Vegas show included. Departs Nov 14/ggv/dl.

Miami Air + 3 Nights Marco Polo Beach Resort + taxes & fees \$1

INCLUDES resort-style accom along Miami Beach. Departs Oct 10, 17, 22/ggv/dl.

New Orleans Air + 3 Nights 4-Star \$569 INCLUDES riverfront accom only minutes from the French Quarter. Departs Nov 4, 11, 18/ggv/aa.

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Terrance Burnard, network technician at NICSN, left, and Lyle Johnson, KNET's videoconferencing engineer, stand in front of the NICSN earth station in Sioux Lookout, Ont.

Northern voices heard

• First Nation's satellite network ensures everyone's vote gets counted • Technical anomaly' threatened to silence community's involvement



Thanks to a satellite network managed by a First Nation organization, Ontario's most remote communities could participate in the provincial election.

Early Thursday morning, Fort Severn First Nation band manager George Kakekaspan learned his community couldn't phone in their polling station re-

That's because the Anik F2 satellite, which supports voice and data services to northern Ontario, experienced a "technical anomthat wiped out connections in the fly-in Washaho Cree community.

"We opened up the band

office this morning and tried phoning with the land lines, and nothing.... We've been using cellphones and IP phones all day," said Kakekaspan, reached through his Keewaytinook Mobile cellphone. "It's taken us a long time to get this far. We've been pushing it with KNET a long time — and it's worked out pretty good for

Fort Severn, along with 11 other remote Ontario First Nations, retained communications services on Thursday through the Northern Indigenous Community Satellite Network, or NICSN.

NICSN is a co-operative satellite provider operated out of Sioux Lookout, Ont., and managed by KO-KNET services, the telecommuni-

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cations arm of Keewaytinook Okimakanak Tribal Council.

Since August 2009, NIC-SN has used the Anik F3 satellite — an arrangement that enabled it to continue delivering services despite Thursday's troubles with Anik F2.

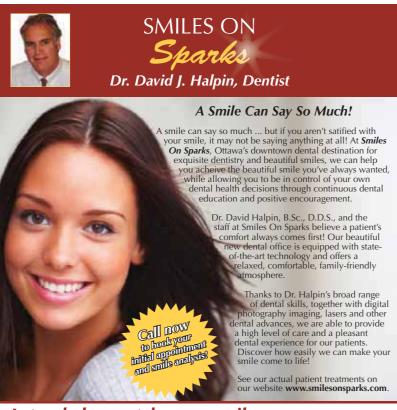
"This morning, we heard Kasabonika Lake wasn't taking phone calls, then we heard everyone's KA satellite dishes were down. All of these are on Anik F2, and it really clicked in when people said they couldn't phone up north," said Terrance Burnard from NICSN.

Thanks to NICSN, community polling stations worked with KNET through email and voice-over-IP phones to transfer election results to the south

What is NICSN?

More on the Northern **Indigenous Community** Satellite Network:

- Formed in 2005.
- It's a partnership between First Nations tribal councils in Ontario and Manitoba, and the Inuit Kativik Regional Government in Quebec.
- It delivers satellite bandwidth to communities at a fixed rate, regardless of location.
- NICSN supports public services, including the remote delivery of health and education.
- **Elections Ontario worked** with NICSN to deliver training to remote polling stations through videoconferencina.



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On the street

Did Steve Jobs change your life?



Shelby Kozub
31, WINNIPEG

"The iPod changed how we thought about music. He was a huge influence on everyone."



Wesley Koetje

21, SHOP ASSISTANT, AMSTERDAM
"No, I just have an iPod. Apple
is a good brand, but if Jobs
hadn't developed it, someone
else would."



Raynor Ebanks

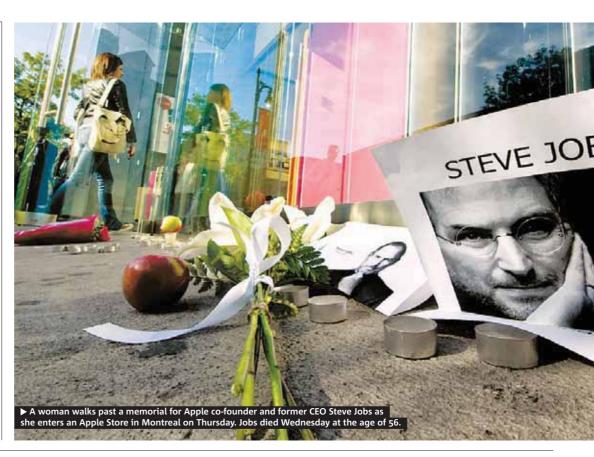
28, TRADER, NEW JERSEY
"I'd go to Best Buy to get CDs,
and now I go to iTunes. It's now
changed media for me."



Carol Orbant

45, HOUSEWIFE, LONDON

"He changed our way of life. He changed the way we interact, with products like the iPad."











Jobs' vision hailed by **Canadian tech industry**

• Apple co-founder's work made current app boom possible, Canadian companies say • Memorials pop up outside Apple stores across the country

Canada's app developers, who have made everything from games to cooking to sports applications for the iPhone and iPad, recalled on Thursday how Apple founder Steve Jobs gave them a livelihood and a

"At its core, there wouldn't be anything that we're doing without the App Store, without the iPhone, without Steve," Kerry Morrison, CEO of Vancouverdeveloper based app EndLoop, said yesterday.

"Every single person in here — their livelihood, the homes that they've bought, the cars that they drive - everything has been paid for by what he

has done," Morrison said of EndLoop and sister company Massive Damage, which employ 14 people.

Jobs, 56, died Wednesday after a battle with can-

Condolences poured in from across the country, from users of the popular iPhone, iPod and iPad products, to the executives of Canadians companies who have either struggled to compete with Apple's cutting-edge products or benefited from their popularity.

"Steve Jobs was a great visionary and a respected competitor," Mike Lazaridis and Jim Balsillie, co-CEOs of rival Research in Motion, said in a statement

"Steve's passion for simplicity and elegance leaves a legacy that will endure."

STEPHEN ELOP, NOKIA CEO

RIM, developer of the BlackBerry smartphone, has arguably suffered the most from the rise of the iPhone, but also helped build an audience for the phone technology that Apple cultivated further.

Nokia chief executive Stephen Elop, a graduate of McMaster University in Hamilton, reacted on his Twitter account.

"Steve's passion for simplicity and elegance leaves a legacy that will endure," said Elop, who was born in Ancaster, Ont.

Nokia Corp., once the world's dominant cellphone maker, has been overtaken by its chief rival Apple, whose iPhones sold more than all Nokia smartphone models during the second quarter.

For Morrison, Apple's App Store has given developers a tool for worldwide access to consumers.

"Being able to sell locally is great. Being able to sell nationally is even better. But to sell globally, that's what makes everything possible."

THE CANADIAN PRESS MORE COVERAGE, PAGE 18

Tweets



Twitter reaction to the death of Steve Jobs:

- @jianghomeshi: RIP Steve Jobs. The world has lost a visionary and true innovator. Your legacy is profound.
- @Proteautype: What John Lennon & Kurt Cobain were to music & Cezanne & Picasso were to painting, Steve Jobs was to computers. RIP to a true genius.
- @natlauzon: RIP #Steve Jobs. Just too big a loss for 140 characters.
- @evansolomoncbc: Conversation on run with friends this morning on Steve Jobs. The role 1 person can play in changing world vs what might have happened anyway.
- @Victor_Lucas: Steve Jobs was a futurist. I'm looking forward to enjoying products that he and his colleagues dreamed up together for years to come.











Riot police storm Santiago streets

Chilean student protesters' demands for education reform met with tear gas, truncheons

Police in Santiago used water cannons and tear gas to break up a student march for free public education on Thursday, hours after protesters' talks with the Chilean government collapsed.

A huge deployment of riot police surrounded demonstrators in downtown Santiago, where student leader Camila Vallejo tried to lead the march while holding a sign saying "United and Stronger," only to be pummelled by water cannons and forced to retreat by tear gas.

Protesters hurled rocks at police and set blockades ablaze in the streets as officers on horseback chased students onto nearby cam-

Chilean spring

- Thursday's march was the 37th weekly protest since April, when students began rallying against Chile's largely privatized education system.
- Students are demanding more spending and higher taxes on the wealthy to fund free public education.
- Polls show 89 per cent of Chileans support the students' call for reform.

puses.

Students occupied the Alameda, one of Santiago's main avenues, by dancing in large numbers, but were blasted with water. Small groups managed to elude

officers and approach the presidential palace before being beaten back.

Vallejo said officers shot tear gas into their student offices in "a direct attack against our organization." He called the police crackdown unprecedented.

President Sebastian Pinera is planning to criminalize the protests, proposing penalties of up to three years in prison for participating. He also wants to enable police to demand images taken by photographers and camera crews without a judicial warrant.

Reporters Without Borders condemned the proposal as an attack on freedom of expression.

THE ASSOCIATED PRESS



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.



free public education hours after talks with the government broke down. President Sebastian Pinera, who has said that "nothing in life is free," has refused to cede any ground.

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- > Recent graduation from a related post-secondary program OR three (3) years of experience providing technical support to enterprise customers; mainly dealing with firewalls, IDS/IPS, TCP/IP and routers
- > Fluent in English; bilingualism in English and Japanese, Chinese or German an asset
- > Experience with Unix/Linux and hardware troubleshooting

Where?

329 March Rd, Suite 228 Ottawa, ON K2K 2E1

When?

October 11th: 8:30 AM - 7PM October 12th: 8:30 AM - 5PM

Bring with you:

> Your Resume, 2 pieces of photo ID, 2 Reference's contact information









A demonstrator argues with riot police. The movement for education reform has swelled to include teachers, parents, union members and centre-left politicians.

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Bilingual Level 2 Technical Support Agent - 40 positions for December 12th, 2011 Permanent position, \$18/hour, Monday-Sunday 7am-12am.

Must be fluently bilingual in French/English and have customer service and technical support experience.

Interested in these roles? Attend our Open House on Wednesday, October 12th, 2011. Our doors will be open from 8am-Spm.

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I spy, you spy, online norm for teens: Poll

• 'It's never private,' advocate says

More young people these days say they've had their Internet accounts hacked or spied on. Many also say they know who did it and don't seem too bothered.

An Associated Press-MTV poll finds three in 10 teens and young adults have had people log on to their Facebook, Twitter, MySpace or other Internet accounts and either impersonate or spy on them.

That's nearly double the level seen in 2009.

The poll found solid majorities saying they knew who was behind it: 72 per cent for spying, 65 per cent for hacking.

Richard Lindenfelzer, 20, says it happened to him, but it was more innocent and playful than anything else.

He has walked away and left his laptop logged into

Hack attacks

Two-thirds of those who had been hacked said they've changed their email, instant messaging or social networking pass-

Facebook at times and a roommate has seized the opportunity to fiddle with Lindenfelzer's page, writing silly things about love word in response to digital abuse. Forty-six per cent have altered their email address, screen name or phone number, and 25 per cent have deleted a social networking profile.

interests or potty humour.

"It's meant to be funny," said Lindenfelzer, a junior at Ithaca College in New York. THE ASSOCIATED PRESS



Government of Canada

Gouvernement du Canada

Important Notice

Relocation of the Ottawa Passport Canada office

Effective Monday, October 17, 2011, the Ottawa Passport Canada office will be located at:

885 Meadowlands Drive East, Suite 115

(may also be accessed via 1430 Prince of Wales Drive)

Business hours for the new office will be from 7:30 a.m. to 4:30 p.m., Monday to Friday. Free parking is available on site. The new office is also accessible by transit (www.octranspo.com).

The Ottawa Passport Canada office currently located at 240 Sparks Street will close its doors permanently at 4:30 p.m. on Friday, October 14, 2011.

For more information, visit passportcanada.gc.ca.

Public inquiries: 1-800-567-6868

TTY: 1-866-255-7655

Canadä



Fighting toxic economics

Concerns over Wall Street practices and economic inequality that have led to sit-ins and rallies in New York and elsewhere reverberated up to the White House on Thursday, with President Barack Obama saying the protesters are expressing the frustrations of the American public.

Social media keeps diplomats on their toes

A U.S. State Department official says Twitter and Facebook are having a big impact on how Washington interacts with the world.

Christina Tribble says diplomats' growing use — and awareness of — social media "has ... fundamentally shifted the way that

we have to reach out, the issues that we think about."

The State Department's senior adviser for social media said Thursday night the usual backroom discussions to craft a message before it goes out has become a luxury most can no longer afford.

Tribble told the Geneva School of Diplomacy that because of "the speed that these technologies work at, there's no way that we can consult with Washington" beforehand all the

THE ASSOCIATED PRESS

AGAINST MY BETTER JUDGEMENT

THE METRO LIST

Ice dreams: The beginning of the NHL season is a wonderful optimistic time. Just yesterday someone in Toronto said "The Leafs are going all the way!"



The fact that he was drunk at 11 a.m. and seemingly hadn't showered since last season did not diminish his enthusiasm. Here's to bringing the cup back to Canada!

Yeah, babyl: Congratulations to Mike Myers and wife Kelly Tisdale on the birth of their baby boy last week. They named him Spike Myers. Once again, comedi-

week. They named him Spike Myers. Once again, comedians never know where to draw the line. Good luck in preschool, Spike.

What the Hell: Avril Lavigne played to a sparse crowd at Rogers Arena in Vancouver this week, but no biggie for such a poised professional. Now an introspective divorcee with her own line of clothing and fragrance, she delighted parents whose kids would bear witness to Avril's patriotic cheers. "It's pretty badass to be back in Canada. We're going to need you to go f—ing crazy!" Sniff, our little girl's all growed up.

Congratu...wha?: The Nobel Foundation broke protocol by granting McGill grad Ralph Steinman the coveted prize for research that produced treatments for cancer and HIV, among others. The statute prohibits granting the award posthumously, but it wasn't until three hours after the award was announced that Nobel officials found out Steinman had succumbed to cancer two days earlier. Is this guy lucky or what?

Gun-shy: A report written by Caillin Langmann at McMaster University suggests that gun-control legislation is not responsible for Canada's reduction in firearm homicides. Langmann, who opposes strict gun laws, credits social programs and demographic shifts for the change. I think he's saying that people should have firearms but should be open to other forms of violence before resorting to them.

Feist-y: Canadian sweetheart Feist has emerged from a two-year hiatus with an impressive album, Metals. She took a rest after going full-speed for most of the 2000s, then compiled her new CD, spent weeks in Paris mixing it, then a while in London for mastering, and is already earning critical acclaim and money. Have I made the wrong career choice? I blame my parents.

Ordinary people: The 18-year-old, identity-protected young murderer from Medicine Hat is now rehabilitated. For those who don't know: At 12-years-old, she helped her 23-year-old boyfriend kill her parents and eight-year-old brother because they opposed the relationship (so strict). Now, after six years at a young-offenders centre, she is deemed "low-risk" for future violence. Apparently, intensive therapy has brought her to the realization that offing the family may have been a tad harsh. Where is Jerry Springer when you need him?

Oh, Canada: It seems like only yesterday I was heading to the polls to cast my vote for what I call "the party of least reluctance." But I am not ashamed to admit that I will proudly support anyone that throws me the slightest bone, even while ignoring my needs and misrepresenting my wishes. And I am not the only one who's married?

More from Mike Benhaim at metronews.ca/backbeat

Panel

Register at metropolitanpanel.ca and take the quick poll

What band should win the Juno in the newly created metal/hard rock category?



Local tweets



► **@Leah Eustace:** Very sad to walk down Bank Street in

the Glebe and see the number of businesses that are closed #Ottawa #construction

- @donottawa2010: Watch movies from the OttawaKiosk.com Best Seats in the House at Silver City Cineplex Odeon http://t.co/QwoQWj6Q #ottawa
- @stroneill: If you live in Ottawa Centre, go vote, then stop by my living room to

- hang out. #nextdoor #lazydemocracy
- @itsNickCharles: The NHL season truly does not begin until God's team THE Ottawa Senators take to the frozen water....which is tomorrow...against Detroit...
- Gemyoueffsee: To the guy wearing a vanc canuck jersey in ottawa... Yeah you're cool buddy, almost as cool as those leafs fans! #getouttahere
- @ItsTheZoe: RT @CatherineLathem: Vote! Vote! Vote! Polls are open until 9pm. Have your voice heard. Today they listen. #Ottawa #ottnews #ottcity

Letters

RE: Paul Sullivan's column published Oct. 5, Nobody's right if everybody's wrong

Sublimely pointless article written by an out-oftouch, capitalist sycophant.

This writer has obviously given up on life, truth, justice and good journalism. There are young people out there who will never get the chances he takes for granted based on his generation's bad choices. The article was pointless, meandering, by an over-the-hill curmudgeon. Get him to his porch and rocking chair and let someone who still lives life write in this wasted space. STEVEN DEBUS, TORONTO

RE: John Mazerolle's column published Oct. 6, Let's talk about birds and bees

In the last few years, huge efforts have been made to try and deal with negative self-image amongst young women. And you publish this? A rude, ignorant, offensive statement which sets back the fight and is hurtful to all the overweight women who read this paper.

VICTORIA GOODFELLOW TORONTO

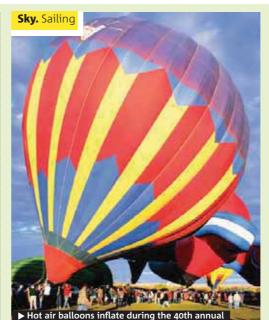


Photo of the day

Dozens of specially shaped balloons inflated Thursday morning, but gusty conditions prevented them from lifting off. The nine-day Albuquerque International Balloon Fiesta wraps up Sunday.

WEIRD NEWS

Does God hate non-iPhone tweeting?

Albuquerque, N.M., on Thursday.

Members of fundamentalist Westboro Baptist Church announced plans to picket Steve Jobs' funeral from an iPhone.

Albuquerque International Balloon Fiesta in

Shortly after news of the Apple founder's death Wednesday night, Margie Phelps, daughter of the church's founder, used one of Apple's iconic devices to tweet the family-run church's intention to protest at Jobs' funeral.

"Westboro will picket his funeral. He had a huge platform; gave God no glory & taught sin," she tweeted.

The message was retweeted by other iPhone-wielding Phelps family members who make up the small but controversial church.

On Thursday, Phelps responded to criticism over her use of an Apple product to send out the messages.

"Rebels mad cuz I used iPhone to tell you Steve Jobs is in hell. God created iPhone for that purpose!" she wrote

The Kansas-based church is infamous for mounting attention-getting anti-gay protests outside military funerals.

TORSTAR NEWS SERVICE



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HOW JOBS CHANGED YOUR WORLD



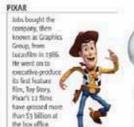
MACINTOSH

Apple had earlier soccess with commercially successful computer with a graphical Interface, laring even mores and dads who couldn't work a



1984" COMMERCIAL

Directed by Ridley Scott (Blade Ronner), this ad for the Macintosh featured a woman throwing a glant hammer at the head of a thig Brother, echoing George Onwell's classic dystopian novel. Airing during the Super Bowl, the ad was the most expensive of its time: the budget was reportedly \$900,000.



DESIGN Meticulaus about form products were always steek and special.





TEXT: MICHAEL PREIDSON: CRAPHIC: MIA KORAR

1984

which spanned

Windows in 1995, Microsoft's similar-looking O5 became the industry standard, starting a trietong rivalry/partnership between lobs and Microsoft founder fill Gates, Said Gates on Wednesday: "I will may Steve



companies, who every year spend millions to advertise during the big game Here's one from Kie



which spawned

feature-length films ... and a some foot as good as Phia remember Chicken

which spawned imitators. like the falled post-iPod "cool" mayor roof-looking enough.

which spawned

A new economic structure for the entire music industry, which re-energized fars. It also trained people to buy and share music and videos digitally: record stores everywhere closed.



which spawned

The competing Android, smartphone-mania an entirely new business based around mobile apps. Jobs didn't invent Angry Blads but he's the reason you're hooked.



Jobs a genius at spotting talent, pals say

• The world has lost an amazing human being: New Apple CEO Tim Cook



Steve Jobs, born in California 56 years ago to a young cash-strapped couple. achieved the kind of world domination that eluded the Soviet Union

Not everyone could afford Jobs's sleek products, but most knew about them.

Apple's initial goal was quite modest. "We didn't that computers think would play be able to play sophisticated games, play songs or do video editing, or even that the Internet would exist," said Steve

Wozniak, who co-founded

Apple with Jobs. "We thought people would use computers at home for very simple things, like organizing their recipe collection."

However, Jobs raised the bar. At age 27, he recruited PepsiCo exec John Sculley as Apple's CEO with the question, "Do you want to spend the rest of your life selling sugared water, or do you want a chance to change the world?"

"Like one's best teachers, Steve set the bar high and moved it even higher," says Dean Hovey, founder of design firm IDEO, which create the groundbreaking Apple mouse.

Jobs got the idea for the mouse at Xerox's Palo Alto Research Center (PARC) in Silicon Valley. "He was a genius in how he spotted ideas and talent," says Hov-

"He got fanatical about it. PARC inspired him with a lot of stuff, but it doesn't mean that they had a product that everyone could use. And his appreciation for aesthetics increased over time.'

Jobs didn't use consumer focus groups: he didn't think people knew what they'd like. Instead he trusted his instinct, and with each product he was right.

"Apple has lost a visionary and creative genius," wrote Apple CEO Tim Cook in an email to the staff.

"Steve leaves behind a company that only he could have built, and his spirit will forever be the foundation of Apple."



JOBS AT HEART OF APPLE

"HE WAS CHARISMATIC"

Dan Gillmor, a Silicon Valley tech columnist, has covered Apple for two decades.

What would Apple be had Jobs not returned to the company in the 1990s?

Nowhere near where it is now. Apple's success would not have happened without Steve Jobs.

What was his genius as a leader?

He was charismatic and built a brilliant team, and he had the ability to persuade others about the power of things.

He also had an incredibly instinct for design, and instinctively knew what people would like and find useful. To have any of these qualities is rare in the technology world, but the combination of them is unique.

How does Bill Gates compare to Steve Jobs? Microsoft makes good

products, but nobody would argue that Windows and Microsoft Office have the elegance that Apple products do. Of course, until recently Microsoft didn't make hardware, which Apple did.

What will happen to Apple now?

They have momentum that will carry them a long way, but the company will have to change. The big question, of course, is how it will change.

ELISABETH BRAW/MWN

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Canada's wealthiest down billions in 2011

▶ Meanwhile, going strong is Lululemon Athletica founder Chip Wilson with estimated worth of \$2.85B

For once it wasn't a case of the rich getting richer.

According to the latest edition of Canadian Business magazine, many of Canada's wealthiest have actually seen their fortunes shrink in the past year.

But none of the leading names on the Top 100 list is exactly claiming poverty either, including the perennial top finisher, Toronto's Thomson family whose wealth shrank an estimated 8.7 per cent from 2010.

Canadian Business estimates the Thomson family fortune currently stands at \$21.34 billion, down more than \$2 billion from last year.

Also a little worse off

this year is No. 2 on the list, supermarket magnate Galen Weston with an estimated worth of \$8 billion, down 5.8 per cent, and the Rogers family of cable TV and cellphone fame. It came in No. 4 with a fortune that was down 1.3 per cent at \$5.94 billion.

Doing a little better year-

over year was the Irving family of Saint John, N.B., up 4.5 per cent at 7.8 billion and No. 3 on the list, and Vancouver's Jim Pattison, No. 5 at \$5.73 billion, up 3.7 per cent.

All of those in the top five maintained the same rankings they enjoyed in 2010. THE CANADIAN PRESS



COMMUNICATION BREAKDOWN

Power loss impacts Far North

Many Canadians, especially those in remote areas of the Far North, lost all communications Thursday after Telesat's powerful Anik F2 satellite suddenly ceased operating.

The disruption affected services for customers including Shaw Direct TV, govern-

ment agencies and The Canadian Press.

Other companies that use C-band, Ku-band and Ka-band services, primarily used for Wi-Fi, telecommunication and broadcast services, were also affected.

Remote northern areas were the most affected, with 10 of 33 communities served by NorthwesTel seeing disruptions.

First Air airline cancelled 48 flights, stranding about 1,000 passengers just before the Thanksgiving weekend. THE CANADIAN PRESS

Building permits sluggish

The value of building permits issued in August slipped for the second month, weighed down by a sluggish commercial construction sector and worries over weak economic recovery.

The 10.4 per cent drop from July brought the total value to \$5.9 billion as permits for the construction of offices, factories, schools and hospitals fell.

DO YOU HAVE TWINS, TRIPLETS OR QUADRUPLETS?

Did you ever belong to a group called OTTAWA TWINS' PARENTS' ASSOCIATION (OTPA) or MULTIPLE BIRTH FAMILIES ASSOCIATION (MBFA)? WELL, LOOK WHO'S TURNING 50!

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For more info contact events@mbfa.ca



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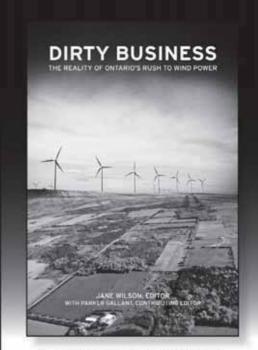
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Synopsis

Ides of March focuses on Stephen Myers (Ryan Gosling), an idealistic campaign manager who'd do anything to win, as long as he truly believes in the candidate. He is devoted to Governor Mike Morris (Clooney), a candidate in the Democratic primary. The first hour is spent getting into the campaign, learning the machinations of a big league primary run. Clooney sets up the themes of the piece before taking a right turn (story-wise) into different territory.

Ratings: Richard: @@@1/2 Mark: @@@@



Reel Guys

RICHARD CROUSE & MARK BRESLIN



Packing a political punch

ldes of March is a smart, sophisticated look at power and politics, with great acting • Viewers will be left wondering how many Oscar nominations it will get

Richard: Mark, I'm not going to give away the twist, but it is really then that the movie picks up steam. The first hour is good stuff, with its great acting from Paul Giamatti and Phillip Seymour Hoffman and a fascinating, if occasionally dry, look at life in the political fast lane. Then comes the blackmail, the meetings in darkened stairwells and doublecrossing journalists and it becomes something darker and more interesting.

Mark: Richard, the movie had me from the opening scenes. Well-acted, great script; a smart and sophisticated film about power and politics. I knew there had to be a twist, but I

liked it even before the twist. Personally, I didn't find it dry at all, but I follow political campaigns the way that most people follow sports. But you're right; once it becomes a cat and mouse game it really gets exciting.

RC: To me it feels like a sexed-up All the President's Men, a movie filled with good-looking movie stars that still packs a serious punch. Gosling impresses as he makes his way from idealism to realism, stark and Clooney looks like he was born to sit in an oval office. But it is the supporting cast who really shine. What did you think of Giamatti and Hoffman?

MB: Brilliant, both of them! But don't leave out Marisa Tomei and Evan Rachel Wood in smaller but crucial roles. Another thing about the movie that impressed me was that although the film was based on a play, it didn't feel "stagey" as a lot of these adaptations do. Clooney really opened it up and at no time did I think I was watching what had once been a play. And I'll put you on the spot how many Oscar nominations do you think the

room, the kind of guys who invisibly pull the strings. I also thought Clooney did some good work here. If his character leans any further left he'll topple over, but it's not a love letter to the left. If anything the movie levels the playing field between the Democrats and Republicans, suggesting they're cut from the same cloth.

MB: The movie raises Clintonian ethics issues - can a politician be deeply flawed in his private life and yet be the most skilled and humane legislator in the field? And then it goes further to suggest that moral corruption is inevitable. How could I not love this flick?







Paramount Pictures is launching a global Tweet To See It First" promotion, which will bring Paranormal Activity 3 to 20 cities across the world on Oct. 18 three days before the film's global release. Head to Paranormal-Movie.com for info on how to represent your city. The competition ends next Thursday. * METRO



Oscar organizers aim to create world-class film exhibition at site of L.A.

movie will get? RC: We're looking at a few nominations overall and maybe a win for either Giamatti or Hoffman. They both reek of the back-



- Rogers On Demand is now easier than ever to use
- There's no DVD to return, and all rentals are yours for 2 days
- Watch Rogers On Demand anytime, on Channel 100





Movie horror in a parka Remaking a teen classic





With titles like Final Destination 3, the Ring Two and Black Christmas in her filmography, actress Mary Elizabeth Winstead is no stranger to on-screen horror. So a prequel to the Thing was right up her alley. Plus, the Antarctic setting didn't allow for much in the way of revealing costumes, which is something Winstead says she appreciated, considering how female characters tend to be portrayed in the horror and science fiction worlds.

She shared her rather frank opinions on the topic with Metro, as well as her unique connection to the star of the original 1982 the Thing.

So, you've tangled with Kurt Russell in Sky High, sang with him in Death Proof and now you're in the prequel to one of his films.

I know! I'm always following Kurt Russell, for some

Has he seen this yet?

I have no idea. I mean, he's so not a show business type guy that I wouldn't be surprised if he didn't know that this exists. He probably in passing has heard about it, but I doubt he's worrying about it too much.

How did you feel about this being a prequel?

Knowing that it was from Strike Entertainment, it was a clue that these were the kind of people — from their past work like Dawn of the Dead — they have a grasp on how to take mate-

rial and make something new out of it that's still respectful and interesting and not just a retread that's more modern and more schlocky than the first one that came around.

Comparisons to Sigourney Weaver's character in Alien is almost inevitable here.

I love them. I have a particular fondness for strong women on screen who are also realistic. It's really fun to see women kicking ass and being super-powerful, but at the same time I feel like there's this niche that we don't see of women who are just realistically strong and smart and take care of themselves but aren't beating up guys twice their size and knocking them out — things that just wouldn't happen in the real world.

A few facts

- Vital stats: Raised in Salt Lake City, Winstead, 26, was trained as a singer and ballet dancer before turning to acting, garnering attention for her role in superhero spoof Sky High.
- Cult status: Winstead is beloved by geeks the world over for playing hair dye-loving object of affection Ramona Flowers in 2010's Scott Pilgrim vs. the World.

It's interesting that filmmakers seem to think female characters have to be at one end of the spectrum.

Right. It's so shocking to me that there aren't more realistic female characters out there, because we make up half the population. Why is everything so dominated by what guys want to see? Every female character in a movie is over-sexualized or she's played as shrill and neurotic or something that's a very male perspective on different types of women that are out there.

I feel like a lot of actresses, when they play a supersexual character, they're like, "No, this is empowering and women owning our sexuality" and stuff. I get that, but I don't feel like that's what we're really see-

Director Craig Brewer treads carefully in his version of Footloose





The names Ren and Ariel are touchstones for a generation. In the teen classic Footloose, big city boy Ren (Kevin Bacon) romanced Ariel (Lori Singer) and brought the boogie back to the small town of Bomont, Georgia.

Despite bad reviews, the story of teen rebellion and two-stepping struck chord with audiences.

Director Craig Brewer knew his new big-screen version had to tread carefully, reinventing the characters without losing what made them popular.

"I think all of my cast

members were able to occupy the characters without there being any sort of mimicry or impersonation of the original," he says.

The project has had big names like Zac Efron attached, but Brewer decided to go a different way.

"...I resisted having Ren McCormack being played by a 'movie star' because then you get all the bag-gage of their other movies tied into this one," he says.

Kenny Wormald, a choreographer and dancer, won the role after a recommendation from Justin Timberlake. For Brewer cast the more established Julianne Hough, best known as a Dancing with the Stars champion.







Movie reviews

See it twice ����� | See it now ���� | Worth watching ��� | Yawn �� | Don't bother &



Real Steel Genre: Fantasy Director: Shawn Levy Stars: Hugh Jackman

For a family-friendly fantasy flick — even one about robots pummeling each other — Real Steel opens with some pretty questionable action. We meet down-on-his-luck Charlie (Hugh Jackman)

pitting his robot boxer, Ambush, against a live bull at a state fair.

The film is set in a nottoo-distant future when audiences' thirst for violence made human boxing obsolete in favour of the more brutal robot variety, but there's just something about watching an animal getting punched in the face that doesn't quite sit right. It doesn't help that the rest of the film's tone is actually safely in the familyfriendly zone.

Robot-on-bovine violence aside, Real Steel works, minus a few bugs. The boxing itself is a marvel, with the clashing metal titans feeling incredibly real.

As for the humans, Jackman plays Charlie with just enough charm that we root for him, despite him being a pretty lackluster businessman, father and human being.

About that father bit: Charlie takes on his estranged 11-year-old son (Dakota Goyo) for a summer on the road.

Unfortunately, the film relies a bit too heavily on Goyo, possibly to distract from Jackman's character's less-than-heroic actions. And the less said about the boy's dancing, the better. ONED EHRBAR



French Immersion

Genre: Comedy
Director: Kevin Tierney

Stars: Gavin Crawford, Fred Ewanuick

₩₩

The film explores a clash of cultures in a small Quebec village that thrives on its language school to keep the community afloat. If that sounds like a pitch for a new CBC-funded sitcom, it's not far off. In fact, it may have worked as such. But as a film, this attempt to capitalize on the language divide using a bundle of Canadian celebs is half-baked. • STEVE GOW



The Guard

Genre: Action

Director: John Michael McDonagh

Stars: Brendan Gleeson, Don Cheadle

Brendan Gleeson gives a towering, hilarious performance in this pungent Irish thriller, which casts him as a small town cop who runs afoul of some nasty drug-runners. Gleeson gives his one-liners a wicked spin, and he's well-matched by Don Cheadle as a visiting FBI agent bewildered by Galway's slow-moving culture; the script is all buddy-cop and fish out of water clichés, but they're made fresh by the superb performers.

ADAM NAYMAI







OTTAWA

BYTOWNE CINEMA 325 Rideau St., 613-789-3456

Cave of Forgotten Dreams (G) Fri 5 Sat

2:45 Sun 5 **The Guard** (14A) Fri 9:15 Sat 4:45-6:55 Sun 7 Mon 2-8:30 Tue-Wed 6:50 Thu 4:45-9:10

Midnight in Paris (PG) Mon 6:25 Tue-Wed **Senna** (14A) Fri 7 Sat 9:05 Sun 2:45-9:10 Mon

4:10 Tue-Wed 9 Thu 6:55

CANADIAN FILM INSTITUTE 2 Daly Ave., Suite 120, 613-232-6727

No Films Showing Today (STC) Fri-Thu

CANADIAN MUSEUM OF NATURE

240 McLeod St., 613-566-4700

Dinosaures: les géants de la Patagonie 3D (STC) Fri 11:05-12:15-1:25 Sat-Sun 10:35-12:20-2:05-3:15 Thu 4:35-6:20

Dinosaurs 3D: Giants of Patagonia (STC) Fri 10:30-11:40-12:50-2 Sat-Sun 10-11:10-11:45-12:55-1:30-2:40-3:50 Thu 4-5:10-5:45 No Films Showing Today (STC) Mon-Wed

CENTRETOWN MOVIES

Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time

COLISEUM OTTAWA

3090 Carling Ave., 613-596-9475

50/50 (14A) Fri-Mon 12:40-3:35-6:40-9:45 Tue-

Thu 3:35-6:40-9:45 **Breakaway** (STC) Fri-Mon 12:30-3:30-6:30-9:15 Tue-Thu 3:30-6:30-9:15 **The Captains** (STC) Thu 7

Contagion (PG) Fri-Mon 1:25-4:05-7:05-9:40 Tue-Thu 4:05-7:05-9:40 Star & Strollers Scree

Dolphin Tale (G) Fri-Mon 12:50 **Dolphin Tale 3D** (G) Fri-Tue 3:55-6:50-9:35 Wed 3:55-9:35 Thu 3:55-6:50-9:35 Dream House (14A) Fri-Thu 4:10-6:35-9:20

Drive (18A) Fri-Mon 1:15-3:45-6:55-9:25 Tue-Wed 3:45-6:55-9:25 Thu 3:45-9:25 **The Ides of March** (14A) Fri-Mon 1:20-4:20-7:30-10:10 Tue-Thu 4:20-7:30-10:10 Star & Strollers Screening Thu 1 **Killer Elite** (14A) Fri-Mon 1:30 4:30-7:25-10:15 Tue-Thu 4:30-7:25

The Lion King (STC) Fri-Mon

The Lion King 3D (STC) Fri-Mon 2:50-5:10-7:20-9:50 Tue-Thu 4:40-7:20-9:50

Moneyball (PG) Fri-Mon 12:45-3:50

Mon 1:10

What's Your Number? (14A) Fri-Mon 12:55-3:40-6:45-9:30 Tue-Thu 3:40-6:45-9:30

EMPIRE 7 CINEMAS

111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

50/50 (14A) Fri 3:35-6:35-9:30 Sat-Mon 12:35-3:35-6:35-9:30 Tue-Thu 3:35-6:35-9:30

The Captains (STC) Thu 7 Contagion (PG) Fri 3:40-6:40-9:35 Sat-Mor 12:40-3:40-6:40-9:35 Tue-Wed 3:40-6:40-9:35 Thu 3:40

Dream House (14A) Fri 3:50-6:50-9:45 Sat-Mon 12:50-3:50-6:50-9:45 Tue-Thu 3:50-6:50-

Drive (18A) Fri 3:45-6:45-9:25 Sat-Mon 12:45-3:45-6:45-9:25 Tue 3:45-6:45-9:25 Wed 3:45-9:25 Thu 3:45-6:45-9:25

The Ides of March (14A) Fri 3:30-6:30-9:15 Sat-Mon 12:30-3:30-6:30-9:15 Tue-Thu 3:30-6:30-

Killer Elite (14A) Fri 3:25-6:25-9:20 Sat-Mon 12:25-3:25-6:25-9:20 Tue 3:25-6:25-9:20 Wed-Thu

Moneyball (PG) Fri 3:20-6:20-9:10 Sat-Mon 12:20-3:20-6:20-9:10 Tue-Thu 3:20-6:20-9:10 ter Gabriel: New Blood Orchestra in 3D (G) Wed 7

MAYFAIR THEATRE

1074 Bank St., 613-730-3403. mayfair-movie.com

Bellflower (18A) Fri-Sat 9:30 Sun 8:30 Wed 9 Thu 9:30 Cave of Forgotten Dreams (G) Mon-Wed

Escape of the Kung Fu Apes From Dragon Island (STC) Tue 9

Grease (STC) Thu 7 Kung Fu Apes 2: Bots of Doom (STC) Tue

Loose Cannons (STC) Fri-Sat 7 Sun 6 The Prowler (STC) Sat 11:45 Suspiria (STC) Fri 11:45 Trollhunter (STC) Mon 9

OTTAWA FAMILY CINEMA

710 Broadview Ave., 613-722-8218, familycinema.ca



the Pooh (G) Sat 2

RAINBOW CINEMAS

St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Captain America: The First Avenge PG) Fri-Thu 6:50-9:20

Cars 2 (G) Fri-Sat 9:55-12:05-2:20-4:35 Sun-Mon 9:55-2:20-4:35 Tue 9:55-12:05-2:20-4:35 Wed 9:55-2:20-4:35 Thu 9:55-12:05-2:20-4:35 Open Captioned Sun-Thu 12:05

The Debt (14A) Fri-Thu 10:05-6:40-9 Harry Potter and the Deathly

Hallows: Part 2 (PG) Fri-Thu 10:15-3:25-6:30 Horrible Bosses (14A) Fri-Thu 10:35-7:10-

I Don't Know How She Does It (PG) Fri-Wed 1-9:10 Thu 1 Thu 1

Mr. Popper's Penguins (G) Fri-Thu 12:50-**Rio** (G) Sat 1

Rise of the Planet of the Apes (PG) Fri 10:25-12:35-2:50-4-7:15-9:30 Sat 10:25-2:50-4-7:15-9:30 Sun-Thu 10:25-12:35-2:50-4-7:15-9:30 Spy Kids: All the Time in the World in **4D** (PG) Fri-Thu 12:20-2:30-4:30

RIDEAU CENTRE CINEMAS

Cave of Forgotten Dreams 3D (G) Fri 4:30-7-9:15 Sat-Mon 1:45-4:30-7-9:15 Tue-Thu 4:30-7-9:15

Real Steel (PG) Digital Fri 4-6:45-9:30 Digital Sat-Mon 1:15-4-6:45-9:30 Digital Tue-Thu 4-6:45-

9:30 **What's Your Number?** (14A) Digital Fri 4:15-6:30-9 Digital Sat-Mon 1:30-4:15-6:30-9 Digital Tue-Thu 4:15-6:30-9

SOUTH KEYS

2214 Bank St., 613-736-1115

50/50 (14A) Fri-Thu 10:55-1:35-4:05-6:45-9:20 **Contagion** (PG) Fri-Sat 11-1:45-4:15-7:25-9:55 Sun 10:30-4:40-7:25-9:55 Mon-Thu 11-1:45-4:15-7:25-9:55

Crazy, Stupid, Love. (PG) Fri-Thu 6:50-9:40 **Dolphin Tale 3D** (G) Fri-Thu 10:30-1:10-4-6:55-9:45

Dream House (14A) Fri-Thu 11:05-1:15-3:25-

Drive (18A) Fri-Thu 11:10-1:50-4:25-7:05-9:30 Esmeralda - Bolshoi Ballet (STC) Sun 1 The Ides of March (14A) Fri-Thu 10:40-1:05

Killer Elite (14A) Fri-Thu 10:35-1:30-4:10-7:20-

The Lion King 3D (STC) Fri-Thu 11:15-1:25-3:55-7:15-9:25

Moneyball (PG) Fri-Thu 12:30-3:30-6:35-9:35 Real Steel (PG) No Passes Fri-Thu 12:45-3:45-7-

The Smurfs (G) Fri-Thu 10:45-1:20-2:50

CIVILIZATION

100 rue Laurier, 819-776-7010

Born to Be Wild 3D (STC) Fri-Sat 10:45-2 Sun

10:45 Mon-Wed 10:45-2 Thu 10:45 Harry Potter and the Deathly Hallows - Part 2: An IMAX 3D Experience (STC) Sat 8:05 Sun 7:10 Thu 8:05 Harry Potter et les reliques de la mort

- 2e partie: Une expérience IMAX 3D (STC) Fri 8:05 Wed 8:05

L'Express des Rocheuses (STC) Fri 4-7 Sat-Sun 4 Mon 11:50-4-8:05 Tue 4-7-9:10 Wed-Thu 4 Nes Pour Etre Libres 3D (STC) Fri-Sun 11:50

Rocky Mountain Express (STC) Fri 12:55-3 5 Sat 12:55-3-5-7 Sun 12:55-3-5-6:05 Mon 12:55-3 5-7-9:10 Tue 12:55-3-5-8:05 Wed 12:55-3-5-7 Thu

CINÉ-CAMPUS UQO

283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER 400 boul. Wilfrid-Lavigne,

819-248-2526 Histoire de dauphin 3D (G) Fri-Tue 1-7

Wed-Thu 7 Le Poème (STC) Tue 1-3:30 Wed-Thu 7 Real Steel (G) Fri-Tue 12:50-3:30-6:50-9:30

Wed-Thu 6:50-9:30 **La Sacrée** (G) Fri 1:10-3:20-7:10-9:20 Sat-Sun 3:20-7:10-9:20 Mon-Tue 1:10-3:20-7:10-9:20 Wed-Thu 7:10-9:20

What's Your Number? (13+) Fri-Mon 1-3:30-7-9:30 Tue 7-9:30 Wed-Thu 9:30

CINÉ-STARZ

1100 boul. Maloney Ouest, 819-568-8000

Conan le Barbare (STC) Tue-Thu 12-3:45-7:30 Destination ultime 5 (13+) Fri-Mon 4:45-8-

9:40 Tue-Thu 2:05-5:45-9:30 Espions en herbe 4 : Tout le temps du monde (G) Fri-Mon 12-1:35-3:10-6:25 Tue-Thu 12-5:35

Le Gardien du zoo (G) Fri-Mon 12-1:50-3:40 Kung Fu Panda 2 (G) Fri-Mon 12-1:35

L'affaire Rachel Singer (STC) Fri-Mon 5:30-7:30-9:30 Tue-Thu 1:35-3:35-7:10-9:10
Lui c'est moi (13+) Fri-Mon 5:05-9 Tue-Thu 12-

Rien à déclarer (STC) Fri-Mon 1:40-7-9 Tue-Thu 2-3:50-7:40 Sur le rythme (STC) Fri-Mon 12-3:30-5:10 Tue-

Fri-Mon 3:10-7:05 Tue-Thu 12-3:35-7:05

CINÉ-PARC TEMPLETON DRIVE-IN

1779 boul. Maloney Est, 819-663-0915

C'est quoi ton numéro? (13+) Fri 9:40 Sat-

Tue 3:20-9:40 Wed-Thu 9:40

Café de Flore (G) Fri 6:40-9:20 Sat-Tue 12-3-6:40-9:20 Wed-Thu 6:40-9:20 Cellule 211 (13+) Fri-Thu 8:45

French Immersion (G) Fri 7:20-9:45 Sat-Tue 1:15-3:50-7:20-9:45 Wed-Thu 7:20-9:45

Gants d'acier (G) Fri 6:45-9:25 Sat-Tue 12:50-3:45-6:45-9:25 Wed-Thu 6:45-9:25 Histoire de dauphin (G) Fri 6:30-9:05 Sat-Tue 1:10-3:30-6:30-9:05 Wed-Thu 6:30-9:05 **La Maison de rêve** (13+) Fri 6:50-9 Sat-Tue 12:10-2:45-6:50-9 Wed-Thu 6:50-9

Les Marches du pouvoir (STC) Fri 7:15-9:35 Sat-Tue 1:10-3:40-7:15-9:35 Wed-Thu 7:15-9:35 **Starbuck** (G) Fri 6:20 Sat-Tue 3:05-6:20 Wed-Thu 6:20

STARCITÉ HULL

115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

50/50 (G) Fri-Thu 1:40-4:40-7:35-10:05 **Abduction** (G) Fri-Tue 1:50-4:35-7:10-10:05 Wed 1:50-4:35-10:05 Thu 1:50-4:35-7:10-10:05 Le Bonheur des autres (13+) Fri-Wed 1-3-20-6-20-8-55 Thu 3-20-6-20-8-55 Thu 1

Café de Flore (G) Fri-Thu 12:55-3:40-6:25-9:10 Dream House (13+) Fri-Thu 2:05-4:55-7:40-

nent (G) Fri-Thu 1:35-4:10-6:50-9:20 French Immersion: c'est la faute a Trudeau (G) Fri-Thu 2-4:50-7:30-9:45 Gants d'acier (G) No Passes Fri-Thu 1:10-4:05-

Histoire de dauphin (G) Fri-Thu 1:20 Histoire de dauphin 3D (G) Fri-Thu 3:50-6:35-9:05

The Ides of March (STC) Fri-Wed 1:30-4:30-7:15-9:50 Thu 4:30-7:15-9:50 Star & Strollers Screening Thu 1:30 Killer Elite (13+) Fri-Thu 1:15-3:55-6:40-9:25

Moneyball (G) Fri-Thu 1:05-4-7-9:55 Peter Gabriel: New Blood Orchestra

in 3D (STC) Wed 7 Real Steel (G) No Passes Fri-Thu 1:25-4:20-

Le Roi lion (STC) Fri-Thu 2:10 Le Roi lion 3D (STC) Fri-Thu 4:25-6:55-9 Les Schtroumpfs (STC) Fri-Thu 1:45-4:15 Starbuck (G) Fri-Thu 6:45-9:15 What's Your Number? (13+) Fri-Thu 1:55-

BARRHAVEN

BARRHAVEN CINEMAS

131 Riocan Dr., 613-825-2463 50/50 (14A) Fri-Mon 1:40-4:20-6:50-9:40 Tue-Thu 4:25-6:50 Star & Strollers Screening Thu 1 Abduction (PG) Fri-Mon 4-7:20-9:55 Tue-Thu

4:50-7:25 **Dolphin Tale 3D** (G) Fri-Mon 1-3:50-6:40

9:30 Tue-Thu 4:20-7:05

Real Steel (PG) No Passes Fri-Mon 1:10-4:10-7:10-10 No Passes Tue-Thu 4:40-7:40

The Smurfs (G) Fri-Mon 1:20

GLOUCESTER

SILVERCITY 2385 City Park Dr., 613-688-8800

50/50 (14A) Fri-Sat 1:50-4:40-7:15-10:05 Sun 12:55-5-7:25-10:05 Mon-Thu 1:50-4:40-7:15-10:05 Abduction (PG) Fri-Sat 12:55-3:30-6:20-9 Sun

3:30-6:20-9 Mon-Thu 12:55-3:30-6:20-9 **Breakaway** (STC) Fri-Thu 4:50-10:30 The Captains (STC) Thu 7

Contagion (PG) Fri-Thu 1:10-3:45-6:30-9:20 Courageous (STC) Fri-Thu 1:05-4:10-7:10-10:10 Dolphin Tale 3D (G) Fri-Thu 12:45-3:25-6:10-

Dream House (14A) Fri-Thu 2-8 **Drive** (18A) Fri-Tue 1:35-4:15-6:35-9:10 Wed 1:35-4:15-9:10 Thu 1:35-4:15-6:35-9:10 **Esmeralda - Bolshoi Ballet** (STC) Sun 1 French Immersion (STC) Fri-Thu 12:40-3:05-

The Help (PG) Fri-Thu 12:30-3:35-6:45-10

The Ides of March (14A) Fri-Thu 1:40-4:20 Killer Elite (14A) Fri-Wed 1:20-4:05-6:40-9:30

Thu 1:20-4:05-9:30 The Lion King 3D (STC) Fri-Thu 12:35-2:55-

5:15-7:35-9:45 **Moneyball** (PG) Fri-Tue 12:50-3:55-7:05-10:15 Wed 3:55-7:05-10:15 Thu 12:50-3:55-7:05-10:15 Star & Strollers Screening Wed 1

Peter Gabriel: New Blood Orchestra in 3D (G) Wed 7

Real Steel (PG) No Passes Fri-Thu 1:30-4:30-Real Steel: The IMAX Experience (PG)

No Passes Fri-Thu 1-4-7-9:55

What's Your Number? (14A) Fri-Tue 1:15-3:50-6:50-9:40 Wed 3:50-6:50-9:40 Thu 1:15

3:50-6:50-9:40 Star & Strollers Screening Wed 1 **ORLEANS ORLEANS TOWN CENTRE**

6 CINEMAS 250 Centrum Blvd., 613-834-0666

EMPIRE THEATRES ORLEANS 6 CINEMAS 3752 Innes Rd., 613-830-4400

Abduction (PG) Digital, Dolby Stereo Digital Fri-Thu 1:10-4:05-6:50-9:30

Dolphin Tale (G) Digital, Dolby Stereo Digital Fri-Tue 12:30 Dolphin Tale 3D (G) Dolby Stereo Digital Fri-

Thu 3:25-6:30-9:15 **Dream House** (14A) Digital, Dolby Stered Digital Fri-Tue 1:30-4:25-7:15-9:40 Digital, Dolby Stereo Digital Wed-Thu 4:25-7:15-9:40

The Ides of March (14A) Digital, Dolby Stereo Digital Fri-Tue 12:50-3:40-6:35-9:10 Digi-





LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Toronto, Ontario – Sugar Beach. 2pm. Saturday afternoon. Time to round up the kids and hop back in the 2012 Chevrolet Orlando: the compact 7-seater. Then it's off to the carnival. Because with room for seven, flexible cargo space and excellent fuel-efficiency, the adventure never stops.





1. Removed chair under Umbrella 2. Extended pipe on tilled platform 3. Changed colour of tille in bottom left corner 4. Removed lug nut on the 2012 Chevrolet Under Umbrella in front of the Chevrolet Under trunk door turned on 8. Changed colour of bucket girl is holding 9. Removed umbrella in front of the 2012 Chevrolet Under trunk door turned on pairtoned up on 2012 Chevrolet Orlando



Fri-Tue 12:15-3:15-7:05-9:25 Dolby Stereo Digital Wed-Thu 3:15-7:05-9:25

Moneyball (PG) Digital, Dolby Stereo Digital

Fri-Tue 12:20-3:30-6:40-9:50 Digital, Dolby Stereo Digital Wed-Thu 3:30-6:40-9:50

Real Steel (PG) Digital, Dolby Stereo Digital, No

Passes Fri-Tue 12:40-3:50-7-10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 3:50-7-10 La Sacrée (STC) Digital, Dolby Stereo Digital Fri-Tue 12:35-3:45-6:45-9:35 Digital, Dolby Stereo Digital Wed-Thu 3:45-6:45-9:35

The Smurfs (G) Digital, Dolby Stereo Digital Fri-Tue 12:45-3:55 Digital, Dolby Stereo Digital Wed-

What's Your Number? (14A) Digital, Dolby Stereo Digital Fri-Tue 1-4:15-6:55-9:45 Digital Dolby Stereo Digital Wed-Thu 4:15-6:55-9:45

KANATA

KANATA 24 801 Earl Grey Dr., 613-599-1200

50/50 (14A) Special Engagement Fri-Mon 11:40-12:15-2:10-2:40-4:35-5:05-7:05-7:40-9:30-10:05 Tue-Thu 2:10-2:40-4:35-5:05-7:05-7:40-9:30-10:05

Abduction (PG) Fri-Mon 11:15-2-4:30-7:10-9:45 Tue-Wed 2-4:30-7:10-9:45 Thu 2-4:30-7:10 Breakaway (STC) Special Engagement Fri-Mon 11:35-2:10-4:50-7:25-9:50 Tue-Thu 2:10-4:50-7:25-

9:50 **Contagion** (PG) Fri-Mon 11:45-2:35-5:10-7:45-10:20 Tue-Thu 2:35-5:10-7:45-10:20 **Crazy, Stupid, Love.** (PG) Fri-Mon 10:50-4:40-10:10 Tue-Thu 4:40-10:10

The Debt (14A) Fri-Mon 1:45-7:25 Tue-Thu 7:25 **Dolphin Tale** (G) Fri-Mon 10:35-1:15-3:55-7-9:40 Tue-Thu 3:55-7-9:40

Dolphin Tale 3D (G) Special Engagement Fri-Mon 11-1:40-4:20-7:35-10:15 Special Engagement Tue-Thu 4:20-7:35-10:15

Dream House (14A) Special Engagement Fri-Mon 11:20-1:55-4:25-57:05-7:40-9:40-10:15 Tue-Wed 4:25-57:05-7:40-9:40-10:15 Thu 4:25-57:40-10:15 **Drive** (18A) Fri-Mon 11:40-2:35-5:05-7:35-10:10

Tue-Thu 2:35-5:05-7:35-10:10

French Immersion (STC) Special

Engagement, Sub-Titled Fri-Mon 11:50-2:30-4:55-7:20-9:50 Special Engagement, Sub-Titled Tue-Thu 2:30-4:55-7:20-9:50 **The Help** (PG) Fri-Mon 10:40-1:50-5-8:20 Tue-

Thu 2:10-5:20-8:30

The Ides of March (14A) Special Engagement Fri-Mon 11:10-11:55-2-2:30-4:30-5-7-7:30-9:30-10 Special Engagement Tue-Thu 2-2:30-4:30-5-7-7:30-9:30-10

Killer Elite (14A) Fri-Mon 10:45-11:30-1:45-2:15-4:25-5-7:15-7:45-9:55-10:25 Tue-Wed 2:15-4:25-5-7:15-7:45-9:55-10:25 Thu 2:15-4:25-5-7:45-10:25

The Lion King 3D (STC) Special Engagement Fri-Mon 10:35-12:50-3:05-5:20-7:35-9:50 Special Engagement Tue-Thu 3:05-5:20-7:35-9:50 **Moneyball** (PG) Fri-Mon 1-4-7-10 Tue-Thu 3-7-

10 Fri-Mon 10:30-1:30-4:30-7:30-10:30 Tue-Thu 4:30-7:30-10:30 Fri-Mon 10:30-1:30-4:30-7:30-

4.307/3010.307/3010.30 Real Steel (PG) Special Engagement Fri-Mon 11-1:55-4:50-7:45-10:30 Special Engagement Tue-Thu 4:50-7:45-10:30

Real Steel: The IMAX Experience (PG) Special Engagement Fri-Mon 10:30-1:25-4:20-7:15-10:10 Special Engagement Tue-Thu 4:20-7:15-10:10

The Smurfs (G) Fri-Mon 11:30-2:05 Tue-Thu

What's Your Number? (14A) Special Fngagement Fri-Mon 11:25-2-4:35-7:10-9:45 Tue-Thu 2-4:35-7:10-9:45 Special Engagement Fri-Mon 11:55-2:30-5:05-7:50-10:25 Tue-Thu 2:30-5:05-7:50-10:25

Still a slave to the song

▶ Bryan Ferry continues to be the gentleman of rock ▶ World tour touching down in Orillia



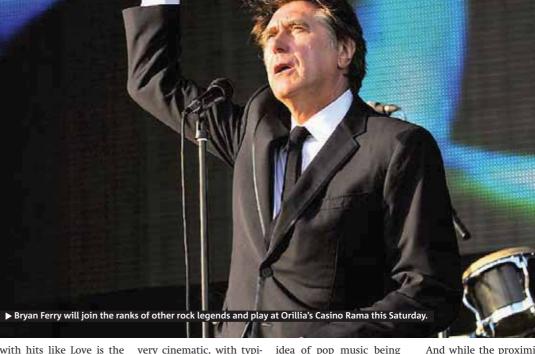
The marvel of ultra-suave British pop and style icon Bryan Ferry is that his sensual charms appears to know no bounds: women of his age (Ferry just turned 66 last week) still swoon to his voice and dapper, gentlemanly presence as do tattooed and pierced ladies in their 20's. Both walks of fervent fan and all the others in between that spectrum, find their middleground at Ferry's live shows.

"It's certainly great to have an audience who stays with you of a certain age," Ferry told Metro, "but fantastic to get that young audience too. People often come to my work much later. And of course the lifelong fans have children and grandchildren and on it goes...'

After finding fame in the 1970's in his glammy art-rock band Roxy Music

"He's a wonderful quitarist and a powerful player. And although I love the idea of pop music being immediate, there's something so timeless about the work we do together."

BRYAN FERRY ON DAVID GILMOUR



with hits like Love is the Drug and Avalon, Ferry concurrently launched a successful solo career, itself topping the charts with such tracks as the John Lennon cover Jealous Guy and the boudoir classic Slave to Love.

His most recent album is Olympia, a typically dreamy and lush effort that — much like all of his recorded solo work - is

cally spacey guitar work by Pink Floyd guitarist David Gilmour

"David played on my album Boys and Girls, did Live Aid with me and we also did the song Is Your Love Strong Enough from Ridley Scott's film Legend," says Ferry.

"He's a wonderful guitarist and a powerful player. And although I love the idea of pop music being immediate, there's something so timeless about the work we do together."

His latest world tour belatedly supporting the 2010 Olympia release, touches down this Saturday at Orillia's Casino Rama, a hub lately for classic rock legends like Alice Cooper and Kiss to play a sellout show in a relatively intimate environment.

And while the proximity of tinkling slots and dazzling lights might seem like an odd fit on surface, that blend of the garish and the elegant has always been the key to Ferry's fortune

'This current tour runs the gamut, everything early flamboyant from Roxy stuff right up to the new album. And I'm having a wonderful time..."



THE JOYS OF PINK FLOYD | Pharrell: Man

SOUND CHECK



ALAN CROSS SCENE @METRONEWS.CA

I fear for the future of high fidelity. With every passing month, we seem to be satisfied with sound that is merely good enough. Blame it on a decade of listening to squished MP3s through cheap ear buds.

n the Olden Days, my friends and I would descend upon stereo stores, pretending to be in the market for some new speakers. "Those JBLs look good. Could we hear them, my good man? And then let's A-B them with those Cerwin-Vegas. No, no — the ones with the 15-inch woofers."

The salesperson would dutifully find the LP we suggested and place it on the turntable. For the next 20 minutes, we'd be pummelled by sound, glorious sound. The sparkling highs. The chest-crushing bass. The sweet midrange. Once the side of the record ran out, we'd promise to



think about it and leave the poor salesman commissionless. Again.

One of the albums we'd always ask for was Pink Floyd's Dark Side of the Moon because it was one of the best-produced and most carefully recorded albums of the era.

There was an emotional and physical thrill of hearing it through speakers that could handle the thump of the heartbeat that leads into Breath, the deep bass stabs of Time and the definition of Clare Torry's voice on The Great Gig in the Sky.

The music caused dopamine to flood our brains, which is literally the same neurochemical response a heroin addict

has when he gets a fix.

Today, though, MP3s and cheap ear buds have taken much of the fidelity out of music.

Even modern CDs sound worse than CDs that were released in the 1980s thanks to overuse of compression. We've forgotten how good recorded music can sound. Worse yet, many people have never experienced it.

That's why I urge everyone to go out and buy the new Pink Floyd remasters along with a very good set of headphones. Clear the credit card. I don't care how.

Dark Side is the ultimate album for headphone music. Turn down the lights and turn up the music. Marvel at the subtleties of the arrangements, the texture of the production and brilliance of the musicianship.

Notice how you react physically and emotionally. This is how good music can sound. This is what excited people about music once. Surrender to it.

You may never use ear buds again.

Pharrell: Man of all trades



Pharrell Williams is aware of the consequences of his busy schedule.

"There's no social life," says the songwriter/producer/entrepreneur. "But that's OK"

Williams' latest title is the creative director of Karmaloop TV, which is currently an online destination at karmalooptv.com but is vying to be a full-fledged cable channel. The site has begun its first big push with an initiative dubbed Reclaim Your TV, which hopes to draw in the first generation that never knew life without Internet.

"We're 'live and let live' type of people," says Williams of the Reclaim slogan. "We just want to bring people the content that we miss and the things that we'd want to see."

When do you think TV got to a point where it needed to be reclaimed?

Well, it's not really the networks' fault, or the cable providers' fault. It's the fact that the Internet has just made everything so abundant... There's so many different choices out there, and I could see how it could be confusing at times, and it's hard to remain focused. But that's what we're intent on doing. We intend to do a couple of things right,



not 20 million things.

You have so many different ventures you're involved in, including clothing and liquor. How do you define the spark that has to be there for you to invest your time and money?

I'm always up for the challenge, and it's always got to make sense. ... Being a partner in a network is a big move; but at the same time, contributing to all things creative there is an honour.

Let's talk about music. Are you still finding time to get into the studio?

Yeah, everything from on the pop side from like Jay Sean all the way to Jay-Z.

How about J.T.? I've heard rumours that you've even been working with Justin Timberlake again.

I heard those rumors too.

Are they true?

I'm not one to talk, but we're all excited.

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McCreery's moving on up

• American Idol winner Scotty McCreery takes next step in career with first album

Performing in front of millions of people for the first time, beating out thousands of other highly talented competitors, defeating nerves and self-doubt winning American Idol may have been the easy

Now Scotty McCreery has to figure out how to turn victory into a high-level career.

doesn't always One translate into other. But the 17-year-old isn't thinking of his first post-Idol album, Clear As Day, as a make-orbreak situation.

He prefers the long view. He wouldn't mind being the next superstar alum of Idol, successfully transitioning in the way multiplatinum stars Carrie Underwood and Kelly Clarkson have. If not, though, he's still going to play baseball in the spring. He's still going to college in a year. He's still ... Scotty. And superstar status - or lack thereof -

won't change much.

"People, they bring that up a lot," McCreery said. "For me it's not so much about that aspect. The other Idols, they have a lot of success in what they're doing. They get to do music





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SOFI climbing the ladder



Though SOFI stands for "Some Other Female Interest." Sofia Toufa is more than the first two words of her moniker might lead you to believe.

The singer, currently on tour as a singer with

Deadmau5, boasts a resumé that reads more like an iPod on shuffle, working with artists like Mot-Crue, will.i.am, Britney Spears and Avril Lavigne.

As a featured performer on the sold-out Deadmau5 dates, she sings on two of the heaviest songs in the set, SOFI Needs a Ladder and One Trick Pony.

"I'm actually just doing those two songs," she says. "And it's kind of funny because I was like, 'This is the shortest show I've ever done in my life. but at the same time it's so long, because SOFI Needs a Ladder alone is like seven minutes."

But this may be the last time Toufa plays the supporting role for a while.

She drops her Locked and Loaded EP this month.

"I absolutely feel like I'm in the waiting room right now," she says.

Working with producers Skrillex, Noisia and Millions Like Us, the songs may be the poppiest offerings to ever be grouped in the dubstep genre.

The first two songs, Broken Souvenirs

Bring Out the Devil may have a sinister feel, but the EP's final number, Again Sometime — with its huge hopeful hook and sexy slinking bass — is a contender for the make

out song of 2012. "It's basically a little trilogy," Toufa says of the EP's three songs, "a dramatic love story gone wrong.





every day for the rest of their lives. They may not have the most mainstream, big success, but they're still doing what they love. And we talked to some of the Idols when they came to the show about that. Right now, we're doing what we feel's right."

McCreery, who turns 18 on Sunday, had a fairly simple and normal life until about a year ago. From small town Garner, N.C., he was a pitcher and a member of the chorus with an unbelievably deep voice who occasionally participated in small talent shows.

A year later he's a TV star, a veteran of a national tour and he and his family face a myriad of decisions - from which songs to record to complicated financial dealings — that could have a profound effect on his life for decades to come. Way more worrisome than whether he can hit the high notes.

"There's never been a teenage boy to really make it in country music so there's no formula for what he should do," Scotty's mother, Judy, said. "So I do sit back and wonder if this is the right move ... Things have been chugging along and all the right things are happening and all the right people are in his path, so Î'm just trying to let go and let nature take its course. Something's working."

McCreery's fans turned out in record numbers to help with his victory on American Idol. More than 39 million people watched the final episode and the 122.4 million votes cast for the finale set a new mark.



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Bieber to get some big-name help on X-Mas album

It's only October, but Justin Bieber is already thinking about sleigh

The Stratford, Ont., pop star will release the star-studded Christmas CD Under the Mistletoe on Nov. 1.

The album will feature several splashy collaborations, including a duet with R&B diva Mariah Carey on her hit song, All I Want For Christmas is You.

The 17-year-old Bieber

will also mingle with his mentor Usher on The Christmas Song (Chestnuts Roasting on an Open Fire).

And the disc will feature collaborations with '90s R&B group Boyz II Men, rapper Busta Rhymes and country trio The Band Per-

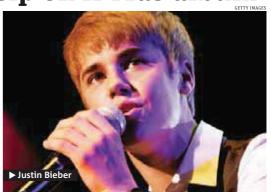
Under the Mistletoe will be a mix of traditional tunes — including Silent Night and Santa Claus is Coming to Town — and original material, some of

which was co-written by Bieber.

The CD will hit stores in standard form and in a deluxe version with four extra tracks and a DVD featuring behind-the-scenes footage.

It'll be released roughly a week after Bieber's fellow Canadian Michael Buble launches his own holiday disc titled Christmas, which will feature Shania Twain.

THE CANADIAN PRESS



'Trust your readers'

In Aleph, his latest novel, Paulo Coelho holds nothing back The legendary Brazilian author sits down for an exclusive Q&A



Paulo Coelho needs no introduction: He's sold more than 100 million books worldwide and holds the world record for most translated books by a living author. His newest novel, Aleph, is an autobiographical account of his journey along the Trans-Siberian railroad and across time and space — in search of spiritual fulfillment (the title refers to an enlightening experience he encountered during his trek). The book has already reached number one in countries like Brazil, Turkey, Spain and Finland. Coelho spoke with us from Geneva, Switzer-

I read that it took you four years to gather the material for this book, but only three weeks to write it. Can you talk a little about putting it together?

I decided to travel for three months, non-stop, and I had this experience, this "Aleph." I lived through, well, things that are very difficult to explain in a book. One year ago, I said to myself, "I'm never going to write about this, it is impossible to explain." And then one year ago I was talking to my agent and I said, "I'm not going to publish a new book, I have no

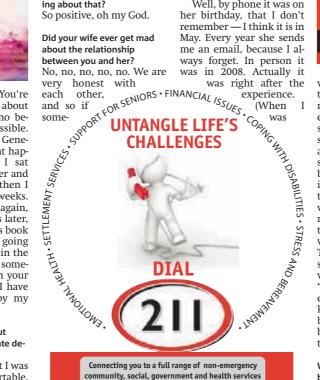


subject." She said, "You're never going to write about this Aleph?" I said no because it is impossible. When I returned to Geneva, I don't know what happened to me, but I sat down at the computer and I start writing, and then I wrote in three weeks. When she called me again, two and a half weeks later, I said, "You know this book that I said I'm never going to write? I'm almost in the end of it." It's like something that triggers in your soul. I realized that I have this book written by my

Were you nervous about sharing so many intimate details about your life?

I was not nervous but I was a little bit uncomfortable. Really feeling, Oh my God, well I should cut here, I should cut there," then I said, 'This is so useless. You put your soul into it or you don't. You cannot tell the half-truth. Half-truth is not the whole truth. Just say whatever you have to say, and trust your readers.

You develop a very special relationship with a woman, Hilal, in this book. What was vour wife's reaction to learning about that? So positive, oh my God.



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thing had happened I would tell her. She's my partner. She's the love of my life. She wants the best for me, so why should she be uncomfortable or unhappy if she knows that I put my soul in my book?

When was the last time you spoke with Hilal?

Well, by phone it was on her birthday, that I don't

writing the book) I don't tell the story to anybody, not even to my wife, not even to my agent, but Hilal started emailing me and said, "I've been thinking about you compulsively." I said, "Please, have a little bit of patience, you're going to understand everything in two or three weeks from now." And my readers, it's funny because two or three knew that I was writing about the Trans-Siberian. I did not answer them, of course, but when I finished I said, "This reader, and this reader and this reader, they knew the subject." It is unbelievable, this connection

Was Hilal happy with the book?

the reader.

between the author and

I don't know, because she still did not read the book. but other people told her

▶ Paulo Coelho wasn't planning to write about his experience in the Trans-Siberian railroad. "You put your soul

into it or you don't. You cannot tell the half-truth ... Just say whatever you have to say, and trust your readers." PAULO COELHO

and she reads English. But she said, "I'm very suspicious about this book and I'm writing my own version of our journey and you cannot impede me in publishing it!" I'm curious about her version.

I wonder how different it will

Not too different, because I was very close to reality. And she's a very honest person. But probably from her side it will be much more a love story. This is what I guess.

Success can be a magical circus

• Why is Erin Morganstern's first novel causing buzz? • We ask the author all about it



Erin Morgenstern is having the luck most authors dream of. Her debut novel, The Night Circus (out today), is by far the biggest release of the fall.

How? Let's count the ways: There's a global marketing campaign underway (rights have been sold in 31 countries), there are 150,000 copies of the

book in print (even before its release date), Summit Entertainment (the firm behind the Twilight film series) bought film rights and is heavily pushing the book on tween buyers, and booksellers are hosting huge circus-themed release parties (a push not seen since the Harry Potter days).

This is all making Morgenstern, who has never published anything before, apprehensive — but

excited. "It's wonderful, but at the same time it's hard to wrap my head around. It's hugely flattering and hugely overwhelming," 33-year-old says from her Boston home.

"There's a little trepidation. I'm taking it day by day. It's strange but a good strange."

The reason for the hub-

The Night Circus, set in 1886, revolves around a

magical travelling circus called Le Cirque des Reves and two young magicians who fall in love but must vie against one another in a mysterious competition.

The book encompasses the best elements of past blockbusters. It has elements of Twilight (young, taboo love), Harry Potter (magic) and even The Hunger Games (a deadly showdown). It also helps that Morgenstern is a capable, fun writer.

Morgenstern attributes the appeal of The Night Circus to the fact the book's use of fantasy is more accessible to the average reader. "I'm more a low-fantasy fan ... I like that when you read low fantasy, it feels more possible."

And as this fall shows, anything is possible for Morgen-



The sexiest people ever

• We took the top traits of today's hottest celebs and melded them into the perfect couple • What's better than Bradley Cooper? Someone with his eyes and Robert Pattinson's hair and James Franco's mouth...



EYES BRADLEY COOPER

He joked on Ellen about starting a campaign to be named Sexiest Man Alive. Said the host: "I look at your eyes and I go, Wow, those are some blue eyes. They sparkle like there's an evil light coming out. In a beautiful way."



NOSE AND EYEBROWS DAVID GANDY

The blogosphere went crazy over the model's Dolce&Gabbana book and so did we. The first shot is a full frontal nude and it gets more NSFW from there.





HAIR ROBERT PATTINSON

 One of Glamour UK's sexiest men alive would top any list, but his vampire hair sparkles.

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FACE SHAPE AND MOUTH AND CHIN JAMES FRANCO

His puss was run through a "beautification engine," a software program that makes you better looking, developed by Tel Aviv researchers in 2008. The result: no changes. Dude's perfect.



BODY RYAN REYNOLDS

The Green Lantern was voted last year's Sexiest Man Alive by People Magazine, mainly because of his sense of humour. Probably had nothing to do with those ABS.



BODY KIM KARDASHIAN

Her sex tape is the most viewed on YouPorn. And it's not because of her big brain.



In Friends with Benefits,
Justin Timberlake
compliments her breasts
once — but her eyes twice.





NOSE zoe saldana

 One of Entertainment Weekly's 30 sexiest women is hot in every role, even as a blue Na'vi in Avatar.

FACE SHAPE AND HAIR ROSIE HUNTINGTON-WHITELEY

► FHM readers voted her the sexiest woman alive.



MOUTH LARA STONE

The gap between her teeth hasn't prevented her from being one of Forbes mag's top-earning models of 2011. MIA KORAB



sticking-clock romances

Writer-director of the indie film Weekend shares his top five flicks for brief but memorable love affairs ◆ Don't wait: see these movies before it's too late

The indie romance Weekend, in theatres in limited release, is a sweet, wistful glimpse at a love that could have been from writer-director Andrew Haigh.

It follows the brief but intense relationship between two young, gay men who meet in a boozy haze at a London club on a Friday night.

They go home together, then spend the next couple of days having sex, taking drugs, sharing stories and forging a quick but genuine intimacy.

It's shot with an engaging naturalism and written with a bracing honesty.

So since we liked his film so much, the Associated Press asked Haigh to join us in the Five Most space this week to pick his favourite ticking-clock romances and elaborate on his choices.

THE ASSOCIATED PRESS



Brief Encounter

From director David Lean, the ultimate tale of strong passions lurking underneath the repressed British exterior.

The film ends with the famous scene at the train station when the two characters are heartbreakingly robbed of their final goodbye.

(It was) written by Noel Coward, and there have always been rumours that it was really about two men, and if you watch it now in that context, it makes wonderful sense.



2Night (1999)

Last Night (1998):

Directed by Don McKellar, an end-of-the-world movie told with quiet simplicity.

One of the stories follows two strangers, played by McKellar himself and Sandra Oh, who end up spending their last hours together.

As the clock ticks away, they realize how much they like each other, and the final moment when they realize that they have actually fallen in love — as the world ends around them — is devastating.



Before Sunset (2004):

The second of the two films from director Richard Linklater is my favourite. It is a story of regrets and missed chances.

Watching Julie Delpy and Ethan Hawke roam the streets of Paris articulating all the things that might have been, you can't help but wish that things could have been different.

You can't help but hope that this time it will, in fact, be different.

You hope that he will not catch the plane back to the U.S., that he will stay.



Quiet City (2007):

From director Aaron Katz. A girl gets off a train and tries to find her friend but instead spends 24 hours hanging out with a stranger until she can track her down and get on with her life.

Their time together is like a breath, a space.

It is unpretentious, poetic and authentic.

It is like watching a relationship develop right there in front of your eyes.



Lost in Translation (2003):

From director Sofia Coppola, another limitedtime-frame story with return flights to catch for both the characters.

A non-romantic romance that is just as important as a love affair.

I love the way this film feels like time suspended, existing outside of their lives, lost in the haze of

You know it will not drastically change either character's lives but you just know that in some, almost inexplicable wap, both are deeply affected by their time together.



The horror, the horror

And you thought Glee was scary? Watch the creators' new thriller' **American** Horror Story

'psvchosexual

TV picks



Gyllenhaal goes wild

IN ICELAND. Man vs. Wild launches its seventh season on Friday with a bigtime guest star: Oscar-nominated actor Jake Gyllenhaal.

The Source Code star accompanies host Bear Grylls to Iceland, where he'll go wherever Bear goes and eat whatever Bear eats. (Discovery)

The puck drops

NHL IS BACK. Hockey fans across the country are giving thanks for the return of the NHL this holiday weekend.

The return of Hockey Night in Canada brings an all-Ontario showdown between Ottawa and Toronto on Saturday, followed by a matchup between Calgary and a Pittsburgh Penguins team still missing ailing captain Sidney Crosby.

Stiller on SNL

FOSTER THE PEOPLE TO PER-FORM. With his new buddy-comedy Tower Heist a month away from hitting theatres, Ben Stiller is stealing the spotlight on Saturday Night Live for his second hosting stint.

L.A. indie pop outfit Foster the People will be the musical guest. (NBC, Global)

THE CANADIAN PRESS



full-body latex suit. And that's just the first hour

The latest from Ryan Murphy and Brad Falchuk — yes, the team behind Glee — finds the duo in a much more Nip/Tuck state of mind.

Murphy calls his new FX Canada drama a "psychosexual thriller.'

It's scary alright, with an intense focus on sexual frustration and fragile relationships — the motivation for the Harmons (Dylan Mc-Dermott and Connie Britton) to move their teen daughter (Taissa Farmiga) across the country and into a (haunted!) house is a fresh start after Dad's affair and Mom's miscarriage.

The show talks about all kinds of American horror stories that we are being bombarded with on a day-to-day basis," Murphy



says.
"The main thing when we were writing the script, it was never really about horror, although that certainly was in the water. It really was about a marriage and infidelity."

But don't worry — there are plenty of old-school scares in the pilot, which opens with a gorgeously creepy homage to horror classics like The Shining.

"When we were coming up with this, I'm like, 'Remember how good Dark Shadows was, how gothic?" Murphy says of the cult soap opera featuring vampires and other supernatural ghoulies.

"It had all these interwoven stories about sex and marriage and obsession. And I felt that there sort of wasn't that on the air right now."



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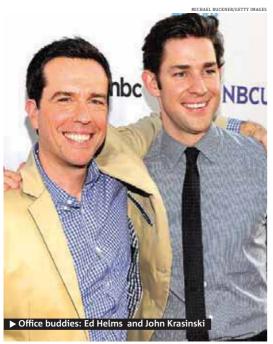


Some conditions apply. More details will be



Ed Helms: Why Nard-Dog is boss

◆ Andy Bernard makes a surprise rise to the top at Dunder Mifflin — or is it a natural progression? Metro investigates





Bernard always seemed like a loveable loser in the workplace of Dunder Mifflin.

Who knew that after four years of pushing paper on NBC's best-rated comedy, The Office, Ed Helms and his character would rise to the top, replacing Steve Carell's Michael Scott as regional manager?

Helms doesn't exactly know, but he and one of the show's creators and stars, Paul Lieberstein (a.k.a hapless HR manager Toby Flenderson) recently spoke about this season's transi-

There were rumours that you'd bring in new talent to take on Michael's role at Dunder Mifflin. How did you arrive at the decision to promote from within?

Lieberstein: The natural question was, should we continue after Steve Carell leaves? The answer was clear when we said, "Our cast is amazing and we don't need anybody else."

We still want to watch our cast. We still want to write for our cast.

different Although names were batted around at times, we never really considered changing the focus of the show to anyone else but our people.

Were members of the cast vying for that spot?

Helms: There was a lot of internal wondering and questioning what was next, "Who might be the next boss?" But I think it's a testament to the cast and the dignity of everyone involved that we all took a backseat to the creative considerations upstairs and were eager to support whatever decision came down.

What is it about Andy that made him the best person to be regional manager?

Lieberstein: He can take the role of father of the family, partly through insecurity and partly through genuine affection. He's really caring and interested and empathetic. Any problem that anyone is having, he would feel very deeply - which makes him suited to be a comic relief in the show.

Considering their office rivalry, what are Andy's plans for managing Dwight Schrute (Rainn Wilson)?

Helms: Dwight is someone

MIGHAI WEB

"The natural question was, should we continue after Steve Carell leaves? The answer was clear when we said, 'Our cast is amazing and we don't need anybody else." PAUL LIEBERSTEIN

who responds very well to a firm hand of leadership.

Andy is searching for that a little bit, but in that first episode we started to see the very first inkling of a backbone in Andv.

I'm excited about it because it makes Andy's leadership more plausible, and it also shows you where Andy has to go.

Dwight provides a constant friction for that.

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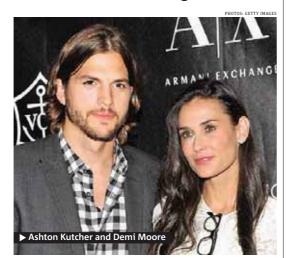
Ashton moves out

Friends deny it's because of his cheating

Ashton Kutcher has reportedly moved out of the home he shares with Demi Moore, according to Life & Style, though a source close to Kutcher says it has less to do with his current cheating scandal and more with trying to help his wife confront her own issues.

"Demi had been sober for a long time - decades - but recently it's gotten bad," the source says. "He may have fooled around with this girl, but his wife is his priority. Ashton's trying to deal with Demi's problems.'

METRO



Aniston on baby: maybe is OK

Jennifer Aniston knows there's plenty written about her and her possible desires to be a mom. Even a recent visit to the doctor with boyfriend Justin Theroux prompted speculation about family planning. But despite reports, Aniston isn't baby-mad. "It's not what you read. There's no desperation," she tells Elle magazine. "If it's meant to be.



it's meant to be. I'm at peace with whatever the plan is." • metro

Spice life wasn't so easy: Mel C

Melanie Chisholm — or Mel C, as she was known in the Spice Girls — admits that the glare of media attention during the girl group's heyday caused her to become depressed and bulimic. "I was young and impressionable, and I found it hard to read about myself," she tells the Daily Mail. "The tabloids were cruel about my appearance." • METRO

Hard to keep a secret

Kristen Stewart has taken great pains not to confirm her relationship with Twilight co-star Robert Pattinson, but one candid moment at a photo shoot for the U.K. edition of GQ may have undone all that work. The interviewer overheard Stewart say she hoped to travel around England "because my boyfriend is English," though when asked about the comment during their interview the next day, the actress uncomfortably admitted, "I never would have said that if I knew you were interviewing me." • METRO

Barrymore tying knot soon?

Drew Barrymore "is yearning to get married and have kids," a source tells Us Weekly. So it's a good thing her boyfriend, Will Kopelman, has been considering proposing, possibly

popping the auestion 'around the one-vear mark of their dating" this winter, the source says. "He's madly in love and knows she's the one."

METRO

Celebrity tweets



"Oh. Red Sox. You're too cute with your collapsing and what not.



baby" mean you slept 3 hours and then cried until someone fed you?"

"shouldn't

the term "I

slept like a

@woodelijah "Would be happy to be stuck in a Target with Jennifer Connelly"



"It was a mistake to put up that humming-

bird feeder.

Now they look at me like I'm their dealer. I'm afraid to go outside."



Depp apologizes for comment

Johnny Depp's comparison of having his photo taken to being raped didn't sit well with the Rape, Abuse and Incest National Netaccording Hollyscoop. Depp made the comment during an interview with Vanity Fair, and after the advocacy

group made their concerns known, the actor was quick to apologize: "I am truly sorry for offending anyone in any way. I never meant to. It was a poor choice of words on my part," Depp said in a statement. "Please accept my heartfelt apology." • METRO



life

Turkey safety



The safest way to be sure that your turkey is done is to check it with a meat thermometer.

Temperatures should reach minimums of 180°F (82°C) deep in the thigh and 165°F (74°C) in the center of the stuffing. BUTTERBALL



Modern Thanksgiving

• For a new twist on your holiday feast, replace tired sausage stuffing with Pear & Chestnut Stuffing Swap Pumpkin Pie for Pumpkin Mousse





Pear and Chestnut Stuffing

The juiciness of pears keeps the bread moist and cooking the vegetable mixture helps to create an even flavour throughout the stuffing. Chestnuts add texture and the pre-roasted variety are easy to use.

Preparation:

In non-stick skillet, melt butter over mediumhigh heat and cook pears, onion, garlic, carrots, celery, sage and parsley about 25 mins. or until softened and starting to golden. Add chestnuts and stir to combine. Add bread and salt and toss to combine. Scrape mix into baking dish, cover and bake in a 160 C (325 F) oven for 45 mins. Remove foil and bake for about 15 mins. longer or until crisp on top and

golden. EMILY RICHARDS/ THE CANADIAN PRESS

Pumpkin Mousse

Try this luscious take on the traditional pumpkin pie. The walnut and pumpkin mousse filling with mascarpone cheese will have your family and friends asking for seconds.

Preparation:

- Preheat oven to 160 C (325 F). Then in work bowl of food processor, combine graham crackers, sugar and butter and blend until mix is consistency of wet sand. Press crust into bottom of a non-stick 23-cm (9inch) springform pan. Bake 10 mins, or until
- Sprinkle gelatin in 125 ml (1/2 cup) of water, stir and let sit 5 mins. Boil remaining water,

add to gelatin and stir until dissolved. In a separate bowl, whip whipping cream until stiff peaks form; set aside.

In large bowl, combine pumpkin pie filling, walnuts, mascarpone, honev. cinnamon and

Shopping List:

chopped

Pear and Chestnut Stuffing

• 50 ml (1/4 cup) butter

• 1 large onion, chopped

• 2 carrots, chopped

fresh Italian parsley

• 2 l (8 cups) cubed

• 1 ml (1/4 tsp) salt

• 4 cloves garlic, chopped

2 stalks celery, chopped45 ml (3 tbsp) fresh sage

• 45 ml (3 tbsp) chopped

• 1 bag (300 g) roasted

peeled chestnuts, chopped

sourdough or potato bread

• 4 Bartlett pears, cored and

Pumpkin Mousse Cake

FO.COM

• 32 graham crackers • 30 ml (2 tbsp) dark brown

nutmeg, stir well. Add

cream until combined

and pour mousse into

shake cake pan to

springform pan. Gently

release air bubbles and

smooth out surface. THE

CANADIAN PRESS/WALNUTIN-

gelatin. Fold in whipped

- 125 ml (1/2 cup) butter,
- melted • 30 ml (2 tbsp) gelatin
- powder 250 ml (1 cup) water
- 250 ml (1 cup) whipping
- cream
- 1 can (540 ml/19 oz) pumpkin pie filling
- 250 ml (1 cup) walnuts • 250 ml (1 cup)
- mascarpone cheese
- 2 ml (1/2 tsp) nutmeg
- 125 ml (1/2 cup) honey

• 5 ml (1 tsp) cinnamon

A toast to the side dishes



If you're into wine, you have to love Thanksgiving. There's no gifts, no egg hunts and no dressing up. Thanksgiving is about food, family and a good bottle of vino.

Though roast turkey is the star, it isn't your main concern when it comes to a liquid marriage with your festive feast. All those side dishes that make a huge holiday meal special, influence the table more than the gobbler.

As grapes go, pinot noir is a classic match on the red side (think California) with chardonnay (one that's not too oaky from France or Canada) topping my list of whites.

If you want to think outside the bottle, a spicy white grape like gewürztraminer or a plush, floral grape like viognier are options.

In red, France's Beaujolais region is famous for its gamay-based wines with a rich, berry-fruited version like the strikingly packaged Georges Duboeuf 2010 Brouilly (\$16.95 \$22.49) meaty enough to meet the turkey head on and soothing enough make nice with all the fixings. PRICES REFLECT THE RANGE ACROSS CANADA. SOME PROD-UCTS MAY NOT BE AVAILABLE IN ALL

golden. Set aside.

YOGA STUDIO

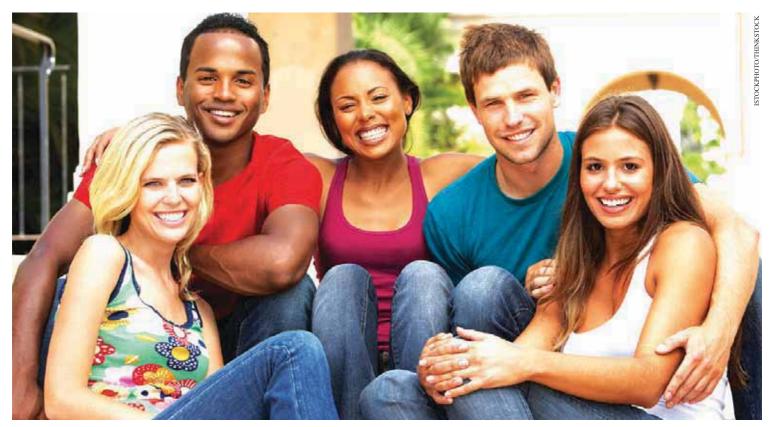
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TAKE CONTROL OF YOUR MENTAL HEALTH

IN MANY WAYS, PRESERVING MENTAL HEALTH IS MUCH LIKE MAINTAINING A HEALTHY BODY

Strategies like going to the gym and eating properly help keep you mentally as well as physically fit.

And just like it's up to you to keep your heart and bones healthy, you also have to take control of your own mental health. "You own it; it's your mind, and you need to give it as much attention as you give to your physical body," says Connie Krahenbil, Executive Director, Canadian Mental Health Association Manitoba, Winnipeg.

Managing stress is a big part of maintaining mental health, and each person has to discover the stress management approach that works best for him or her, says Krahenbil.

"Maybe your thing is going to the spa once a month, or maybe your thing is walking every day." She refers to the parable of the man who mentally hangs his troubles on a "worry tree" outside his house every day so they won't interfere with his family life.

The key is to find the right balance, says Krahenbil. Her own strategy is to make a conscious effort to turn off her Blackberry every evening, to meditate, to be outside in the fresh air, to find time to spend on herself, and to exercise as much as she can. "It doesn't have to be going to the gym; it could be something like gardening."

Getting enough sleep, too, is another "precious" ingredient to mental health, says Krahenbil, who takes steps to avoid sleep "getting behind me" because she knows what that can do to her overall health.

Just as with physical health, it's

important to be committed to mental fitness and to incorporate these steps into your everyday life.

Recognizing when you need to "reach out" and talk to someone you trust is also important. Everyone has felt sad or blue at one time or another, but too often, you don't want to bother anyone so you withdraw, maybe cry alone in your room. But when you do talk to a friend, "you always feel 100 times better," says Krahenbil.

Sometimes these strategies aren't enough and you may need to seek out an expert. But this should be no

different than someone who has diabetes, who has to see his doctor regularly and take insulin or other medications to treat the disease.

It's important to acknowledge that you have an illness and to accept it. "We all have our crosses to bear," says Krahenbil.

And it's important not to rely solely on medication such as antidepressants to make you well. "The work is up to you," says Krahenbil. "Taking those pills is just half of it, just like insulin is just half of it for a person with diabetes."

– Pauline Anderson

DID YOU KNOW?



- World Mental Health Day takes place on Monday. This year's theme is "investing in mental health."
- According to Health Canada, one in five Canadians will experience a mental illness in their lifetime. The remaining four will have a friend, family member or colleague who will.

MENTAL HEALTH A BASIC HUMAN RIGHT

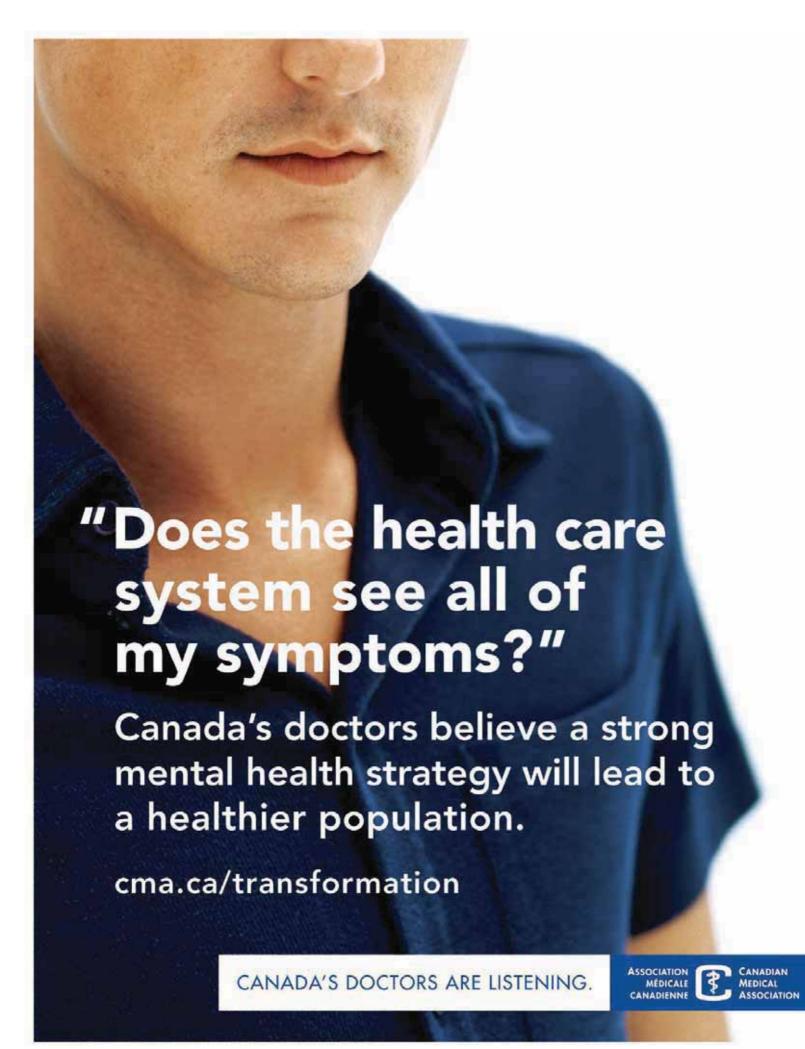
In the future, mental health will be viewed as a basic human right across Canada.

"Just as with physical disabilities and HIV/AIDS, mental health will be linked to human rights, empowerment, dignity and respect," says Peter Coleridge, National Chief Executive Officer, Canadian Mental Health Association (CMHA) Toronto.

Making this happen will need more than merely messages and campaigns "that in isolation, don't have a sustained impact," says Coleridge. It will also require changes in pubic policies, behaviours and attitudes to mental health in the work place, in schools, and elsewhere.

The CMHA vision for the future also includes the 120-plus CMHA regional offices not only continuing to respond to local mental health needs, but also working together in a synergistic way to improve understanding surrounding mental health issues.

Canada will soon have its own a national mental health strategy, says Coleridge.



It's Thanksgiving, a time to sit down for a traditional turkey dinner with family and friends. Sounds ideal. Trouble is, you're dreading it.

Here are some tips from Sandy Milakovic, Chief Executive Officer, Canadian Mental Health Association, Peel Branch, to minimize that mid-October stress

LOWER YOUR EXPECTATIONS Remember that things don't have to be perfect.

SET PRIORITIES Pick your favourite thing to do - baking a pumpkin pie, for example - and get other people to organize the rest of the turkey dinner.

ASK FOR HELP (and accept the help that's given). Even very young members of the family can set the table — but don't complain if the forks aren't in the proper place.

BUILD SOME BREAKS INTO YOUR HOLIDAY

To avoid being overwhelmed, spend time alone doing something you enjoy.

DON'T OVERINDULGE Alcohol is a depressant and loosens tongues, so you may say or do something you'll regret. And eating too much food can make you feel lethargic.

TAKE DEEP BREATHS This slows you down and allows you time to respond to a difficult situation.

DELIVERING HOPE FOR MENTAL HEALTH



recently unveiled a stamp that has a unique claim to fame. The company issues an annual fundraising stamp supporting mental health, its

cause of choice. This year's stamp design was the first in the company's 160-year history to be chosen by public vote.

Last November, a competition was held to find a design for this year's

stamp, which raises funds for the Canada Post Foundation for Mental Health. THE PUZZLE — designed by Terrebonne, Que., resident Miriane Majeau received the most points and now adorns more than 3.5 million stamps available at post offices across Canada. A dollar from the sale of every booklet of 10 stamps is donated to the Canada Post Foundation for Mental Health.

"Dealing with mental health issues is like putting a puzzle together," says Majeau. "As you connect the pieces, something beautiful and whole is revealed.3

Since 2008, Canada Post employees have helped raise nearly \$5 million for the Foundation, and \$4.6 million in grants has been disbursed to nearly 100 non-profit organizations across Canada.

STAY WITHIN YOUR BUDGET Finances are a huge stressor. Consider celebrating the holiday with something other than a sit-down dinner. Spending time with your family could mean going on a hike together.

HELP OTHERS Volunteering at a food bank or donating clothing to families in need are guaranteed to boost your spirits and help you cope with any stressor that comes your way.

THINK OF THOSE WHO ARE ALONE Visit them or invite them over for something like a potluck dinner.

CALL FOR HELP IF YOU NEED IT If the holiday is making you feel depressed or down, call the crisis number in your community. Remember that feeling depressed is normal.

- Pauline Anderson



Support mental health

Please buy a booklet of Mental Health stamps or make a donation to the Canada Post Foundation for Mental Health

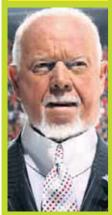


CANADA POSTES



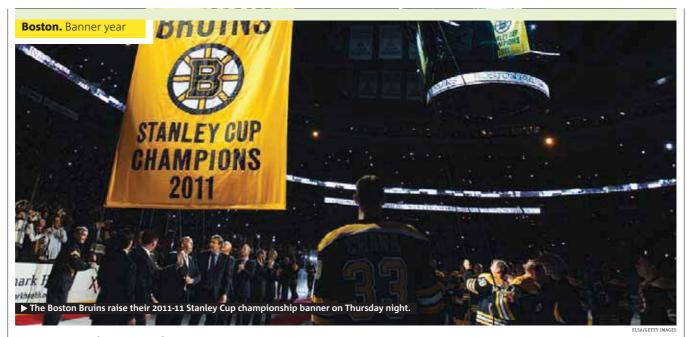


Quoted



"The ones that I am really disgusted with ... are the bunch of pukes that fought before: Stu Grimson, **Chris Nilan and** Jim Thomson. (They say) 'Oh, the reason that they're drinking, (taking) drugs and alcoholics is because they're fighting.' You turncoats, you hypocrites."

DON CHERRY. SPEAKING ON
HIS POPULAR COACH'S
CORNER' SEGMENT, CHERRY
CALLED OUT THE FORMER
ENFORCERS FOR SUGGESTING
THAT NHL PLAYERS WHO
FIGHT ARE PRONE TO
SUBSTANCE ABUSE.



Bruins hoist banner with help from 1972 championship team

The Boston Bruins turned to their past to celebrate their most recent Stanley Cup victory, inviting Bobby Orr and other members of the 1972 champions to help raise the franchise's sixth banner to the TD Garden rafters.

After giving the local fans a chance to see the Cup passed from player to player—the Bruins won Game 7 in Vancouver, so that celebration was on the road—the banner was lowered from a temporary spot beneath the scoreboard. Waiting for it were Orr and a half-dozen teammates, including Johnny Bucyk, Pie McKenzie, Ken Hodge and Derek Sanderson. THE ASSOCIATED PRESS

Looking for silver lining

Habs forward Max Pacioretty using Chara incident as motivation to be better player

Max Pacioretty may never look at a hockey rink the same way again.

As the Montreal Canadiens winger prepared for his first regular-season game since being slammed into a stanchion on March 8, he made sure to check out the new curved glass installed in that area of the rink during Thursday's morning skate at Air Canada Centre.

The change has been made in all 30 arenas around the NHL this season, a reminder of the devastating hit Bruins captain Zdeno Chara put on Pacioretty, who suffered a concussion and non-displaced vertebral fracture on the play.

"There still is a divider there and there still is the ability to make a vicious hit there and cause injury," Pacioretty said before Montreal opened the season against the Toronto Maple Leafs. "I'm just going to be more aware of my surroundings. They did a good job of making it safer, but still there is a bad area of the ice be-

"Hopefully, I can get a lot of goals this year."

cause of the benches.

"It's a step in the right direction, but I've got to be cautious and aware of where I am on the ice."

The Habs are viewing Pacioretty as an important part of their team.

He'll start in a familiar position alongside Scott Gomez and Brian Gionta, a trio that was making a big impact prior to Pacioretty's injury. The 23-year-old winger had 19 points (12-7) in 26 games alongside Gomez and Gionta last season, scoring seven of Montreal's 16 power-play goals during that time.

"He means a lot to the line," said coach Jacques Martin. "I think he has the ability to drive wide on defenceman, he has the ability to drive the net without the puck and he's got a good shot. It seems like he's back playing with some assertiveness

and playing with some confidence."

In the aftermath of the Chara hit, Pacioretty heard the suggestions from fans and media that he may never return to form. The first round draft pick from 2007 plans to prove those people wrong.

"It's motivation," said Pacioretty. "My goal is to look down the road and say that this incident made me a better hockey player. That's just the way I was raised I guess."

THE CANADIAN PRESS

Dolphins lose QB for rest of season

Another loss for the winless Miami Dolphins: Quarterback Chad Henne is out for the season.

Henne decided to have shoulder surgery and was placed on the injured reserve list Thursday.

The Dolphins replaced him on the roster by signing veteran quarterback Sage Rosenfels, who was released by the New York Giants. THE ASSOCIATED PRESS



Woods returns, but his game doesn't

Tiger Woods returned from a seven-week break and not much has changed.

Woods went 13 holes between his two birdies Thursday in the Frys.com Open and had to work hard for a 2-over 73. That left him in danger of missing the cut in consecutive starts for the first time in his career.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CON	FER	ENC	Έ									
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	St
Washington	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Philadelphia	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Boston	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Pittsburgh	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Tampa Bay	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Montreal	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Buffalo	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
NY Rangers	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Carolina	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Toronto	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
New Jersey	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Atlanta	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Ottawa	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
NY Islanders	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	
Florida	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
Vancouver	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
San Jose	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Detroit	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Anaheim	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Nashville	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Phoenix	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	-
Los Angeles	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Chicago	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Dallas	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Calgary	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
St. Louis	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Minnesota	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Columbus	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Colorado	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_
Edmonton	0	0	0	0	0	0	0	0	0-0-0-0	0-0-0-0	0-0-0-0	_

d- division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout $\frac{1}{2}$ receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Philadelphia at Boston Montreal at Toronto Pittsburgh at Vancouver

Today's games All times Eastern

Anaheim vs. Buffalo at Helsinki, Finland, 1 pm NY Rangers vs. L.A. at Stockholm, Sweden, 1 pm Tampa Bay at Carolina, 7 p.m. Ottawa at Detroit, 7 p.m. Nashville at Columbus, 7 n m

Chicago at Dallas, 8:30 p.m. Tomorrow's games

N.Y. Rangers vs. Anaheim at Stockholm, 1 p.m. Tampa Bay at Boston, 7 p.m. Ottawa at Toronto, 7 p.m. Philadelphia at New Jersey, 7 p.m. Carolina at Washington, 7 p.m. Florida at N.Y. Islanders, 8 p.m. Nashville at St. Louis, 8 p.m. Columbus at Minnesota, 8 p.m. Dallas at Chicago, 8:30 p.m. Detroit at Colorado, 9 p.m. Pittsburgh at Calgary, 10 p.m Phoenix at San Jose, 10:30 p.m. Buffalo at Los Angeles, 11 p.m

Sunday's games Montreal at Winnipeg, 5 p.m.

Pittsburgh at Edmonton, 9 p.m. Monday's games Colorado at Boston, 1 p.m. Carolina at New Jersey, 1 p.m. Minnesota at N.Y. Islanders, 1 p.m. Calgary at St. Louis, 2 p.m. Phoenix at Dallas, 6 p.m. Tampa Bay at Washington, 7 p.m.

Vancouver at Columbus, 7 p.m. Tuesday's games Florida at Pittsburgh, 7 p.m.

Minnesota at Ottawa, 7:30 p.m. Wednesday, Oct. 12 Colorado at Columbus, 7 p.m. Vancouver at Philadelphia, 7:30 p.m.

Boston at Carolina, 7:30 p.m. Thursday, Oct. 13

Los Angeles at New Jersey, 7 p.m. Tampa Bay at N.Y. Islanders, 7 p.m. Washington at Pittsburgh, 7 p.m. Calgary at Montreal, 7:30 p.m. Colorado at Ottawa, 7:30 p.m. Vancouver at Detroit, 7:30 p.m. Phoenix at Nashville, 8 p.m. Edmonton at Minnesota, 8 p.m. Winnipeg at Chicago, 8:30 p.m. St. Louis at Dallas, 8:30 p.m.

Friday, Oct. 14 Carolina at Buffalo, 7:30 p.m. San Jose at Anaheim, 10 p.m. Saturday, Oct. 15

Calgary at Toronto, 7 p.m. Colorado at Montreal, 7 p.m. N.Y. Rangers at N.Y. Islanders, 7 p.m. Los Angeles at Philadelphia, 7 p.m. Buffalo at Pittsburgh, 7 p.m. Ottawa at Washington, 7 p.m. Winnipeg at Phoenix, 7 p.m. Tampa Bay at Florida, 7:30 p.m. New Jersey at Nashville, 8 p.m. Detroit at Minnesota, 8 p.m. Columbus at Dallas, 8 p.m. Boston at Chicago, 8:30 p.m Vancouver at Edmonton, 10 p.m.

St. Louis at San Jose, 10 p.m.

MLB PLAYOFFS

DIVISION SERIES

All times Eastern (Best-of-5 series)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C) (Series tied 2-2) Detroit at N.Y. Yankees TEXAS (W) VS. TAMPA BAY (WC) (Texas wins 3-1)

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)

(Series tied 2-2) Wednesday's result St. Louis 5 Philadelphia 3 Tonight's game
St. Louis (Carpenter 11-9) at Philadelphia

(Halladav), 8:37 p.m. MILWAUKEE (C) VS. ARIZONA (W)

(Series tied 2-2) Wednesday's result Arizona 10 Milwaukee 6 Today's game

Arizona (Kennedy 21-4) at Milwaukee (Gallardo 17-10), 5:07 p.m.

LATE WEDNESDAY

DIAMONDRACKS 10. BRFWFRS 6

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i	Milwaukee	ab	r	h	bi	Arizona	ab	r	h	bi
÷	C.Hart rf	4	1	1	1	Blmqst ss	5	1	1	0
÷	HrstnJr 3b	4	1	2	1	DHrndz p	0	0	0	0
÷	Braun If	4	0	1	1	Putz p	0	0	0	0
÷	Fielder 1b	4	0	1	0	A.Hill 2b	5	1	2	1
÷	RWeks 2b	5	0	0	0	J.Upton rf	4	1	1	0
÷	YBtncr ss	4	3	3	0	MMntr c	5	1	3	0
÷	CGomz cf	3	1	2	2	Gldsch 1b	3	2	2	0
÷	Kottars c	3	0	0	1	RRorts 3b	5	1	1	4
ŧ	Wolf p	1	0	0	0	CYoung cf	3	3	2	3
÷	TGreen ph	1	0	0	0	GParra If	4	0	0	0
i	Estrad p	0	0	0	0	JSndrs p	0	0	0	0
÷	McGeh ph	1	0	1	0	Cowgill ph	1	0	1	2
÷	Narvsn p	0	0	0	0	Owings p	1	0	0	0
÷	Loe p	0	0	0	0	Parker p	0	0	0	0
÷	Kotsay ph	1	0	0	0	Shaw p	0	0	0	0
÷	Saito p	0	0	0	0	JMcDnl ph-ss	1	0	0	0
÷	Totals	35	6	11	6	Totals	37	10	13	10
ì	Milwaukee					111 001 0	020	-	5	
÷	Arizona					502 001 2	20x	10)	

E—R.Weeks (1). DP—Milwaukee 1, Arizona 1. LOB—Milwaukee 8, Arizona 8. 2B—Hairston Jr. (2), Braun (3), Fielder (2), Y.Betancourt (1), M.Montero (2), HR-C.Gomez (1), A.Hill (1), R.Roberts (2), C.Young 2 (3). SB—Braun (1), C.Gomez (1), Goldschmidt (1), S-C.Gomez,

	IP	н	к	ĿК	RR	50	
Milwaukee							
Wolf L,0-1	3	8	7	7	3	2	
Estrada	2	2	0	0	0	3	
Narveson	11-3	2	3	3	1	2	
Loe	2-3	0	0	0	0	0	
Saito	1	1	0	0	0	0	
Arizona							
J.Saunders	3	5	3	3	2	1	
Owings W,1-0	2	2	0	0	0	0	
Parker	1-3	2	1	1	1	0	
Shaw H,1	12-3	0	0	0	0	0	
Da.Hernandez	1	2	2	2	0	2	
Desker	1		0	0	- 1		

HBP—by Saito (Goldschmidt). Umnires-Home, Bruce Dreckman; First, Jeff Kellogg; Second, James Hoye; Third, Ron Kulpa; Right, Joe West; Left, Alfonso Marquez, T-3:25. A-38,830 (48,633)

NFL

WEEK FIVE All times Eastern

New Orleans at Carolina, 1 p.m. Cincinnati at Jacksonville, 1 p.m. Tennessee at Pittsburgh, 1 p.m. Seattle at N.Y. Giants, 1 p.m.

Green Bay at Atlanta, 8:20 p.m.

Open: Baltimore, Cleveland, Dallas, Miami, St.

Monday's game Chicago at Detroit, 8:30 p.m.

MLS

EASTERN CONFERENCE

Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	4
New York	32	9	7	16	49	42	43
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	3
Toronto	32	6	13	13	33	56	3:
New England	31	5	14	12	35	51	27

MF21FKM C	UN	ŀĿ	ΚĿ	NC	Ŀ		
	GP	W	L	Т	GF	GΑ	Pt
x-Los Angeles	32	18	4	10	46	25	64
x-Seattle	31	16	6	9	51	33	57
x-Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	36
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22
x — Clinched playe	off b	erth	٦.				

Last night's result

San Jose at New England, 7:30 p.m. Philadelphia at Seattle FC, 10 p.m. Wednesday, Oct. 12

RUGBY

WORLD CUP

QUARTER-FINALS

Tomorrow's matches

QF1 — Ireland vs. Wales, 1 a.m. QF2 — England vs. France, 3:30 a.m. Sunday's matches

SEMI-FINALS

OF1 vs. OF2 Winners, 4 a.m. Sunday, Oct. 16

QF3 vs. QF4 Winners, 4 a.m

CFL

Sunday's games
Arizona at Minnesota, 1 p.m. Oakland at Houston, 1 p.m. Kansas City at Indianapolis, 1 p.m. Philadelphia at Buffalo, 1 p.m.

Tampa Bay at San Francisco, 4:05 p.m. San Diego at Denver, 4:15 p.m. N.Y. Jets at New England, 4:15 p.m.

Louis, Washington

SOCCER

	UF	vv	-		U	UH	
Kansas City	32	11	9	12	47	40	4
Philadelphia	31	10	7	14	41	34	4
Columbus	32	12	12	8	38	41	4
Houston	32	10	9	13	40	40	4
New York	32	9	7	16	49	42	4
D.C. United	30	9	10	11	46	46	3
Chicago	31	7	8	16	40	40	3
Toronto	32	6	13	13	33	56	3
New England	31	5	14	12	35	51	2

WESTERN CONFERENCE												
		GP	W	L	T	GF	GA	Pt				
x-Los A	ngeles	32	18	4	10	46	25	64				
x-Seatt	le	31	16	6	9	51	33	57				
x-Salt L	ake	31	15	10	6	43	32	51				
Dallas		31	13	11	7	36	34	46				
Colorad	0	32	11	9	12	42	40	45				
Portland	i	31	11	13	7	38	44	40				
Chivas I	JSA	32	8	12	12	40	39	36				
San Jos	e	31	6	11	14	33	40	32				
Vancou	/er	30	4	16	10	29	50	22				
x — Clir	rched play	off b	erth	١.								

Note: Three points for a win, one for a tie.

Salt Lake at Vancouve

All times Eastern

FC Dallas at Chicago, 8:30 p.m. D.C. United at Vancouver, 10 p.m

At Wellington, New Zealand All times Eastern

QF3 — South Africa vs. Australia, 1 a.m. QF4 — New Zealand vs. Argentina, 3:30 a.m.

At Auckland, New Zealand Saturday, Oct. 15

EAST DIVISION

	GP	W	L	Т	PF PA	ı
Montreal	13	8	5	0	406 323	1
Winnipeg	13	8	5	0	317 309	1
Hamilton	13	7	6	0	378 356	1
Toronto	13	3	10	0	263 371	

WEST DIVISION						
	GP	W	L	Т	PF PA	Pt
Calgary	13	8	5	0	364 348	16
3.C.	13	7	6	0	367 273	14
Edmonton	13	7	6	0	312 317	14
Saskatchewan	13	4	9	0	275 385	8
MEEV 1E						

All times Eastern Tonight's game

Winnipeg at Hamilton, 7:30 p.m. Tomorrow's game

Calgary at B.C., 10 p.m. Monday's games

Toronto at Montreal, 1 p.m. Saskatchewan at Edmonton, 4:30 p.m.

TENNIS

ATP

RAKUTEN JAPAN OPEN

At Tokyo Singles — Second Round Rafael Nadal (1), Spain, def. Milos Raonic,

Thornhill, Ont., 7-5, 6-3. Andy Murray (2), Britain, def. Alex Bogomolov, Jr., U.S., 6-1, 6-2. David Ferrer, Spain (3), def. Matthew Ebden,

Australia, 4-6, 6-2, 6-2. Santiago Giraldo, Colombia def Dmitry Turunov, Russia, 6-4, 7-6 (4). David Nalbandian, Argentina, def. Ivan Dodig,

Croatia, 7-6 (2), 6-2. **ATP-WTA**

CHINA OPEN

At Beijing Men's Singles — Second Round Jo-Wilfried Tsonga (1), France, def. Zhang Ze,

China, 6-3, 6-4. Juan Carlos Ferrero, Spain def. Marcel Granollers, Spain, 6-4, 6-4. Kevin Anderson, South Africa, def. Albert

Montanes, Spain, 7-6 (3), 7-6 (4). Marin Cilic, Croatia, def. Fabio Fognini, Italy, 6-2, 6-7 (1), 6-3.

Men's Doubles — Quarter-finals

Robert Lindstedt, Sweden, and Horia Tecau, Romania, def. Max Mirnvi, Belarus, and Daniel Nestor (2), Toronto, 7-6 (6), 2-6, 10-6

(tiebreak). Women's Singles — Third Round

Caroline Wozniacki (1), Denmark, def. Kaia Kanepi, Estonia, 6-3, 7-6 (3). Anastasia Pavlyuchenkova (13), Russia, def. Victoria Azarenka (2), Belarus (walkover). Agnieszka Radwanska (11), Poland, def. Sofia Arvidsson, Sweden, 6-4, 6-2.

Monica Niculescu, Romania, def. Virginie Raz-

zano, France, 4-6, 6-1, 6-2. Maria Kirilenko, Russia, def. Tamira Paszek, Austria, 6-1, 6-2,

Flavia Pennetta, Italy, def. Dominika Cibulkova, Slovakia, 6-1, 4-6, 6-4.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX - Named Robin Ventura manager and agreed to terms with him on a multi-year contract.

NATIONAL LEAGUE

COLORADO ROCKIES - Assigned RHP Matt Daley, RHP Jim Miller, RHP Greg Reynolds, RHP Cory Riordan, INF Kevin Kouzmanoff and C Jose Morales outright off the 40-man roster. Kouzmanoff accepted free agency.

FOOTBALL

DETROIT LIONS — Signed S Vincent Fuller. Released G Jacques McClendon.

JACKSONVILLE JAGUARS — Signed WR Mike
Thomas to a three-year contract extension.

MIAMI DOLPHINS — Placed QB Chad Henne on injured reserve. Signed QB Sage Rosenfels.
ST. LOUIS RAMS — Placed CB Bradley Fletcher and WR Danny Amendola on injured reserve

HOCKEY

NHL

BUFFALO SABRES — Signed F Riley Boychuk & F Jonathan Parker to 3-yr, entry-level contracts.
CHICAGO BLACKHAWKS — Recalled F Brandon Pirri from Rockford (AHL). DALLAS STARS — Signed D Jamie Oleksiak to a three-year, entry-level contract. MONTREAL CANADIENS — Recalled F An-

dreas Enggvist from Hamilton (AHL). NEW YORK RANGERS — Claimed D Jeff Woy witka off waivers from Montreal. Assigned D Stu Bickel to Connecticut (AHL).

PHOENIX COYOTES — Signed F Martin Hanzal to 5-yr contract extension. Assigned G Curtis McEl-hinney & D Nathan Oystrick to Portland (AHL). WINNIPEG JETS - Claimed F Brett MacLean off waivers from Phoenix. Assigned F Patrice Cormier to St. John's (AHL).

AHI

LEAGUE OFFICE - Suspended Wilkes-Barre/Scranton F Zach Sill 1 preseason game & 1 regular-season game for an illegal check to the head in a preseason game at Hershey on Oct. 1, Adirondack F Ben Holmstrom two regu-lar-season games for his penalty for an illegal check to the head in a preseason game at Wilkes-Barre/Scranton on Oct. 2 & Grand Rapids D Brendan Smith for the remainder of the preseason plus 5 regular-season games for an illegal check to the head of an opponent during a game vs. Chicago on Sept. 28. CHARLOTTE CHECKERS — Assigned F Mike McKenzie & F Justin Shugg to Florida (ECHL). CONNECTICUT WHALE — Signed F Scott Tan-ski to standard player's contract & F Jordan Owens & D.T.J. Fast to pro tryout agreements. SAN ANTONIO RAMPAGE — Assigned C Wacey Rabbit and D Adam Comrie to Cincinnati (ECHL).

LACROSSE

MINNESOTA SWARM — Re-signed T Shayne Bennett to a 1-vr contract, Signed F Pat Smith to a 2-yr contract. Released D Eric Pacey.







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Crossword

Across

- 1 Door-frame parts 6 Carpentry tool
- a Explosive letters
- 12 End, NASA-style 13 "— Had a Ham-
- mer"
- 14 Travai
- 15 Craze 16 Tropical perennial
- herb 18 What a hothead
- may lose
- 20 "Casablanca" lead
- 21 Khan
- 23 Skillet 24 Unruly hairdos
- 25 Greedy one's cry
- 27 Ritzy fiddle 29 Mars. e.a.
- 31 Zoroastrian sacred text
- 35 Puts on cargo
- 37 Urban pall
- 38 Rural home
- 41 Chances for short
- 43 Storm center
- 44 Birds, to Brutus
- 45 Surgical tool
- 47 "Black Magic Woman" band
- 49 Mirror's offering
- 52 Family
- 53 Trail the pack
- 54 Money of Jordan
- 55 Cunnina
- 56 Gorilla 57 Obliterate
- Down
- 1 Predicament
- 2 "The Daba Hon-
- eymoon" 3 Cyrus alter ego
- 4 Soft cheese

5 Postage 6 Mum

15

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39 40

- 7 At a distance 8 Triumph
- 9 Clemens pseudo nym 10 (For the) time
- beina 11 Ship-building ma-
- terials
- 17 Swaps
- 19 Rigatoni, e.g. 21 Rock band's need
- 22 Hodges of base-
- ball 24 Dallas basket-

- baller, for short 26 Sign up
- 28 Hoarse
 - 30 Lo-o-ong time 32 "The Bartered
 - Bride" composer 33 Plaything
 - 34 Census statistic 36 Time of senility
 - 38 Barrels
- 39 Use 40 Comic Jack
- 42 Playground fixture 45 Break suddenly
 - 46 Mideast ruler
 - 48 Chicken-king

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For today's crossword answers

14

33

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link

50 Petrol

51 Prior to

➤ Yesterday's answer

Today's horoscope

↑ Aries March 21-April 20

Today's Venus-Neptune link makes this a great day for friendships and affairs of the heart

Taurus April 21-May 21 You seem to be enchanted more by things than by people at the moment. Get your priorities right.

II Gemini May 22-June 21

Everything looks new and everything seems possible. In short, it's a

great time to be a Gemini. Gancer June 22-July 22 Let others know what you're willing to

put up with and what you consider is going too far — and mean it.

Ω Leo July 23-Aug.23 This is the kind of day when you must get out among people and let your exuberant Leo nature light up the world.

TV Virgo Aug. 24- Sept. 22 If you have fallen out with someone recently, this is the perfect day to make amends.

Libra Sept. 23-Oct. 23 You have so much good karma waiting to be used, and the planets signal this is the time to cash in.

M Scorpio Oct. 24-Nov. 22

Don't allow yourself to be intimidated by someone who thinks that ranting gets things done

and for expanded horoscopes, ao to metronews.ca **₹ Sagittarius** Nov. 23-Dec.

21 You will gain more today by doing less — not just a little bit less but a lot less. Sit back and chill.

V Capricorn Dec. 22-Jan. 20 Your rivals will be awed by your

ability to always finish ahead of them. You're a natural.

Aquarius Jan. 21-Feb. 18 If you're tempted to judge someone of whose lifestyle you don't approve, remember; live and let live.

H Pisces Feb. 19-March 20. If someone whose judgment you trust offers you advice, you'd be wise to listen. SALLY BROMPTON

Sudoku

5	1					6	2
			2	6			
9		2			7		8
		5	9	1	4		
	7					1	
		3	6	7	2		
4		1			6		9
			5	8			
3	2					4	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	4	2			9	1	6
3	9	1	6	5	4	7	2	8
6	8	2	1	9	7	4	5	3
5	1	6	7	4	3	2	8	9
2	7	8	9	6	1	3	4	5
4	3	9	8	2	5	1	6	
1	6	3	5	7	2	В	9	4
8	4	5	3	1	9	6	7	2
9	2	7	4	8	6	5	3	1

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Junior, I love you baby. Last night walking to the beach and spending some much needed quality time together made my heart warm, I love everything your doing for me and I want you to know that I appreciate it. For once in my life, I really feel loved. Thank you. MWAH! <3 WINTER

Green Eyes Green Eyes, I love the way you make me feel ... Out of Control ... yet controlled by you... lets live the present Nothing is good for and bad ...

....XOXO I neeeedddd youuuuu! LETS GO TO THE BECH!!!

Gooodd Looookinng; not sure what the issue was but I know this much vou always can find better cause better is a camoflagemiss us; our peace, our respect for each other; our great passion; your positive influence, your trust ... just miss us ... THE ONE?







OThe Weather Network 2011





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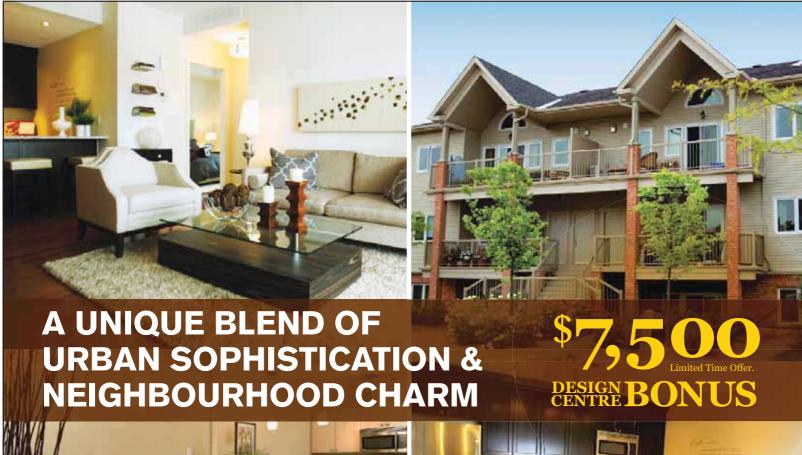
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